









A BOOK OF

FAVORITE

# *Recipes*

Compiled by

Kansas Psychiatric Aide Organization

State of Kansas

1972

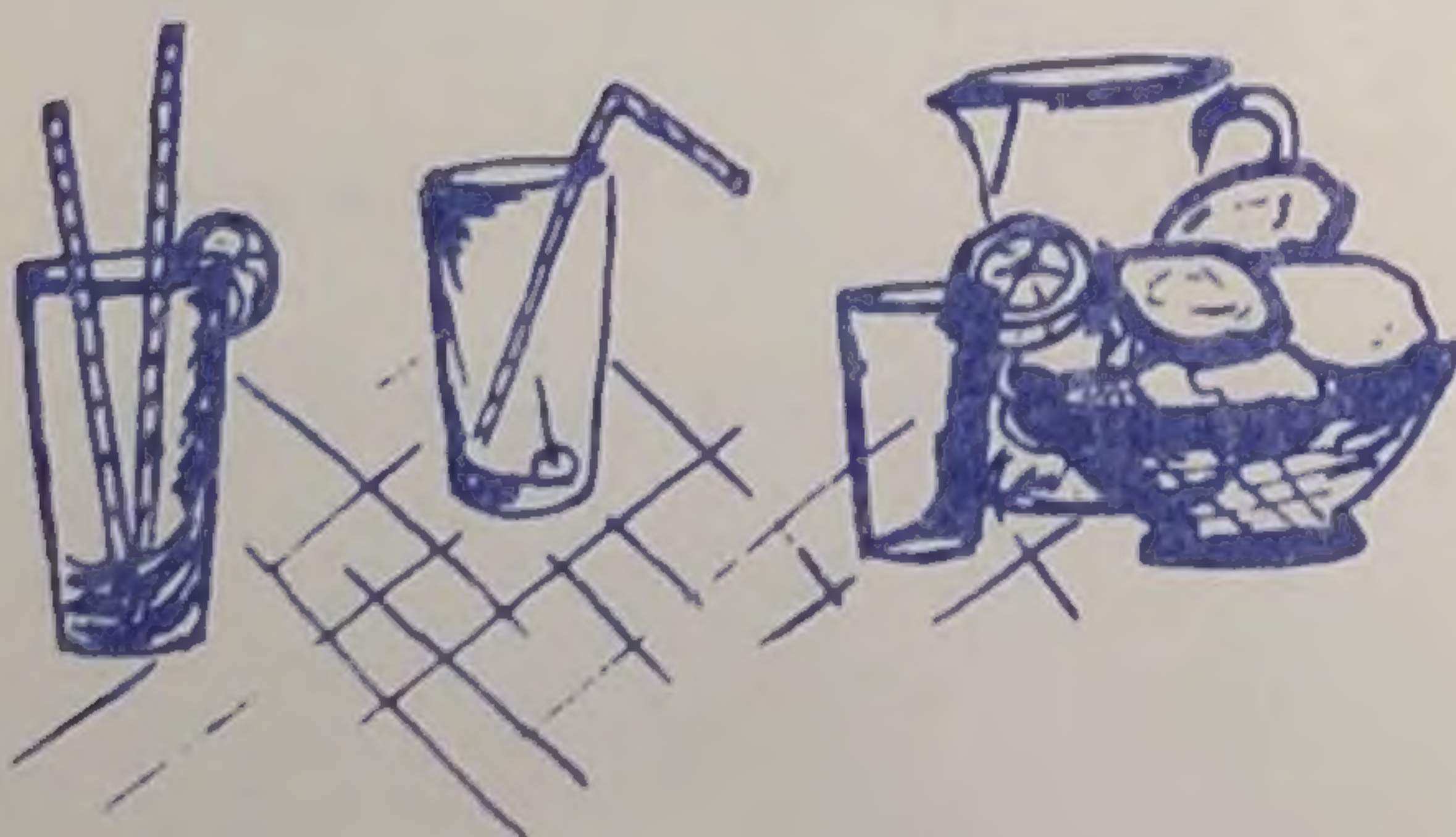


Copyright 1968 by CIRCULATION SERVICE, P.O. Box 7147, Kansas City 13, Mo.

FUND RAISING PROGRAMS AND PROGRAMS OF SERVICE

FOR CHURCH, SCHOOL AND CIVIC ORGANIZATIONS

Printed in the United States of America





Dedicated to These Local Chapters  
of the  
Kansas Psychiatric Aide Organization

High Plains Mental Health Center  
Larned State Hospital  
Menninger Foundation  
Norton State Hospital  
Osawatomie State Hospital  
Parsons State Hospital and Training Center  
Prairie View Mental Health Center  
Topeka State Hospital  
Winfield State Hospital and Training Center

OUR CREED

I dedicate my life to the companionship of the men and women of broken spirit. With humility, I accept the patient as my sacred trust. His behavior is mine to understand and to accept without personal insult nor judgment. I shall befriend the patient against his illness.

My weapon is myself;  
My sword ----- my smile,  
My voice ----- needed strength.

Where there is fear I shall be assurance, where there is despair I shall be hope. Kindness will be my talisman and I shall not tolerate brutality nor neglect. My respected fellow worker will be my pilots. Faithful to my trust, may be reward, be an ever greater appreciation of the blessedness of giving.



# Favorite Family Recipes



## Expression of Appreciation

The Kansas Psychiatric Aide Organization wishes to thank all who have helped in the preparation of this cook book by way of sharing their favorite recipes with us. We hope that everyone has as much fun using it as we have had putting it together for you.

We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foods that will be treasured and enjoyed by all.



THUMB INDEX



APPETIZERS,  
PICKLES, RELISH

SOUPS, SALADS,  
DRESSINGS, SAUCES

MAIN DISHES—  
MEAT, SEAFOOD,  
POULTRY

MAIN DISHES—  
EGG, CHEESE,  
SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS,  
PIES, PASTRY

CAKES, COOKIES,  
ICINGS

DESSERTS

CANDY, JELLY,  
JAM, PRESERVES

BEVERAGES,  
MISCELLANEOUS



A PERSONALIZED COOK BOOK  
IS A GIFT THAT'S APPRECIATED  
FOR ALL OCCASIONS

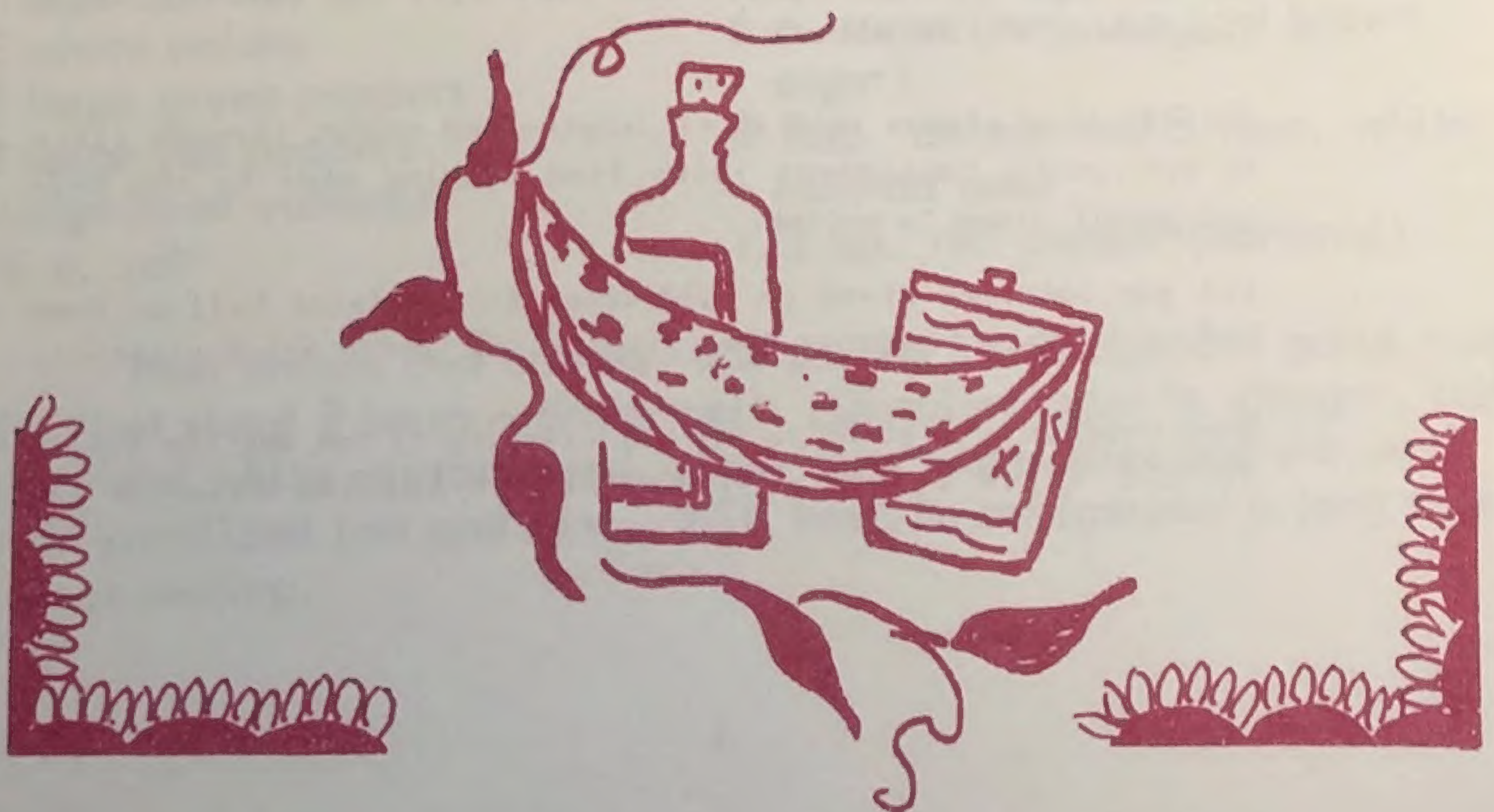


ORDER SEVERAL  
FOR GIFTS  
WHILE THEY ARE STILL AVAILABLE





# *Appetizers, Pickles and Relish*







Try waxing your ashtrays. Ashes won't cling, odors won't linger and then can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

To remove burned food from oven, place small cloth saturated with ammonia in oven over night, and food can be easily wiped up.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

Sweet potatoes will not turn dark if put in salted water (5 teaspoons to 1 quart of water) immediately after peeling.

Soak bacon in cold water for a few minutes before placing in skillet. This will lessen the tendency to shrink and curl.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

Wax the legs of your chairs and they will not mar the waxed floor when moved about.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.



## APPETIZERS, PICKLES AND RELISH

### CHILI SAUCE

Glenda Miller

1 gal. tomatoes  
2 c. onions  
2 c. sweet red pepper  
1 c. sugar  
3 Tbsp. salt

1 Tbsp. mustard seed  
1 Tbsp. celery seed  
3 Tbsp. mixed spices  
2 1/2 c. vinegar

Skin tomatoes before chopping. Chop all vegetables before measuring. Tie mixed spices in a bag. Mix all ingredients except spice bag and vinegar. Add spice bag after mixture has boiled for 30 minutes.

Cool until very thick, then add vinegar and boil until there seems to be no more "free" liquid. Taste and add seasoning to taste. Pour, while boiling hot, into hot jars and seal at once.

### DILLED OKRA PICKLES

Naomi Stewart

3 lb. small tender okra  
(uncut)  
1 large head of dill and stems  
1 clove garlic

1 pt. vinegar  
1 qt. water  
1/3 c. salt (pickling)  
celery leaves or seed

Leave stem on okra wash, pack in hot sterilized pint jars with a few celery leaves or seed and a large head and stem of dill, one clove of garlic to each jar.

Make brine of vinegar, water and salt, heat to boiling and pour over okra. Seal at once. Let stand a few weeks before using.

### CARROT RELISH

Naomi Stewart

8 large carrots  
12 white onions  
12 large green peppers  
12 large red peppers  
1 large head cabbage  
3/4 c. salt

1 1/2 qt. vinegar  
6 c. sugar (may use part brown sugar)  
3 Tbsp. celery and 3 Tbsp. white mustard seed  
1/2 tsp. red pepper (optional)

Peel onions and carrots, add pepper, cabbage and grind - add salt. Let stand 3 hours - drain well. Dissolve sugar in vinegar, add celery and white mustard seed. Pour over vegetables and stir well. Put in sterilized jars and seal. Will keep in refrigerator a long time without sealing.



## CHEESE LOG

Bernice Gard

1 lb. Velveeta cheese  
8 oz. cream cheese

1/4 c. nut meats, chopped fine  
(pecans preferred)  
1 clove garlic, cut fine

Combine, divide and roll in chili powder.

## CHEESE PUFFS

Ruth Fuik

3/4 lb. sharp cheese  
1 stick butter  
1 c. flour

1/2 tsp. dry mustard  
dash of red pepper or paprika

Make in small balls. Bake at 400 degrees for 10 minutes.  
Served with tomato juice, the best for appetizers.

## DEVEILED HAM DIP

Ruth Fuik

1 carton sour cream  
1 can deviled ham

2 tsp. sweet relish

Mix all well.

## HEIDLEBERG RELISH

Peggy Wolfe

Cook to a boil, then cool:

2 c. sugar

2/3 c. vinegar

Chop finely after draining thoroughly:

1 #2 1/2 can kraut

Also prepare:

7 oz. can pimento  
1/2 c. green pepper

1/2 c. onion  
2 c. celery

Pour cooled boiled mixture over second and let stand for 24 hours.

Use or can as desired.



## PEPPER RELISH

Glenda Miller

12 red sweet peppers  
12 green sweet peppers  
1 pod hot pepper  
9 onions

1 c. sugar  
1 Tbsp. salt  
2 c. vinegar  
1 Tbsp. mixed spices

Chop peppers and onions.

Cover with boiling water; let stand for five minutes. Drain.

Cover again with boiling water.

Let stand for ten minutes. Drain. Add other ingredients  
(tie spices in a bag).

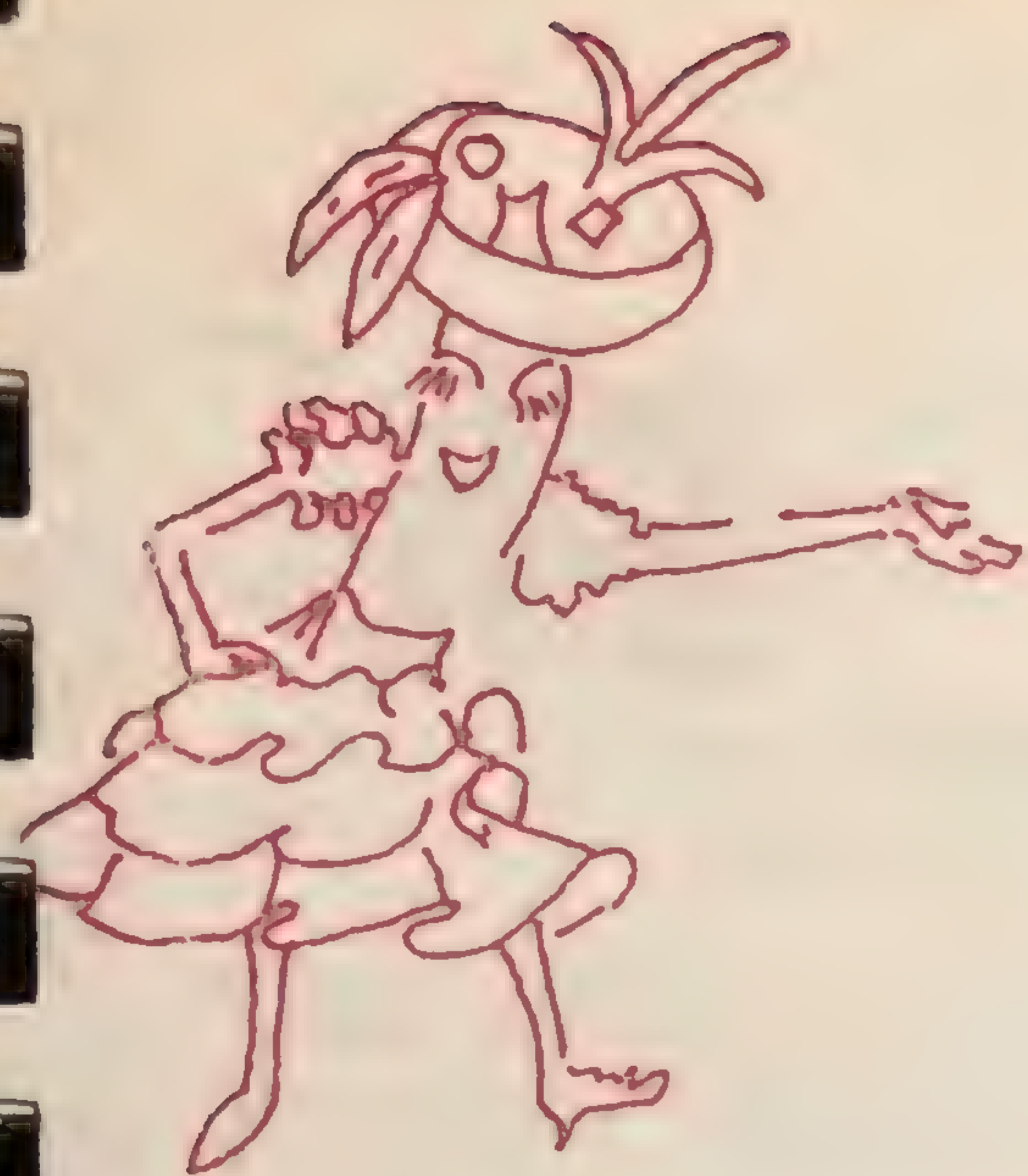
Cook for fifteen minutes. Pack into hot jars and seal at  
once.

Write extra recipes here:



Write extra recipes here:



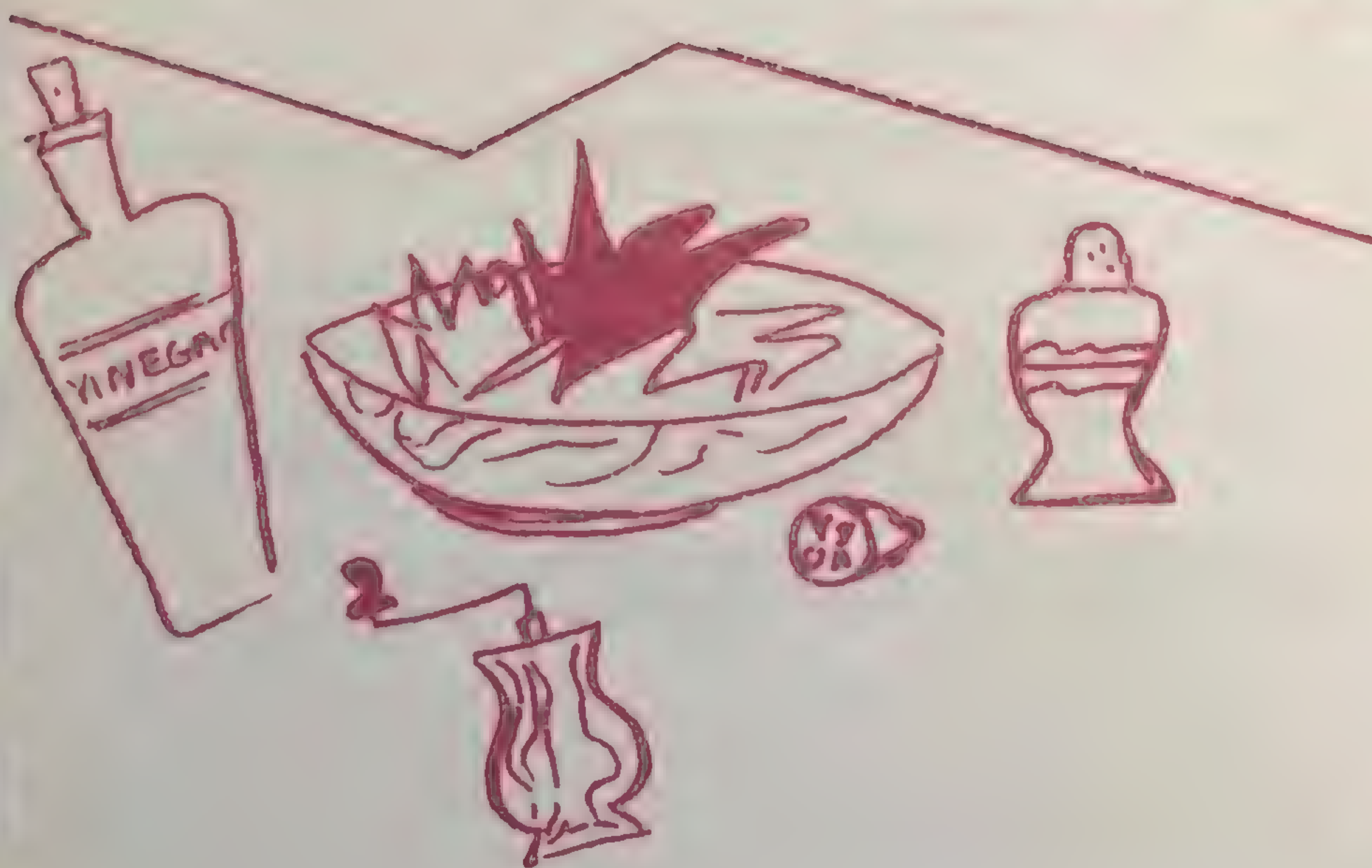


*Soups,*

*Salads,*

*Sauces,*

*Dressings*





# Salads and salad dressings



## *For Appeal To The Appetite*

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and soginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

## *Fruit Combinations*

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

## *Fruit and Vegetable Combinations*

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

## *Vegetable Combinations*

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.



## SOUPS, SALADS, SAUCES, DRESSINGS

### KRAUT SALAD

Maxine Winkler

1 No. 2 1/2 can sauerkraut  
1/2 c. chopped onion  
1/2 c. chopped celery

sweet pickle as desired  
several stuffed olives

Combine ingredients, add sugar as desired. Improves with age. Green peppers may be added, if desired.

### KRAUT SALAD

Pauline Nichols

2 c. kraut - 1 can drained  
and cut  
1/2 c. sugar  
1/2 c. celery

1/2 c. green pepper  
1/2 c. carrots  
1/4 c. onions

Let set overnight before serving.

### GERMAN POTATO SALAD

Jeanette Albertson

4 lb. cooked potatoes  
6 slices bacon, diced  
1/2 c. sugar  
3 Tbsp. flour  
2 tsp. salt

1/4 tsp. pepper  
3/4 c. cider vinegar  
1 c. water  
4 green onions, sliced

Fry bacon until crispy. Remove from skillet, leaving 1/2 cup of drippings. Blend sugar, flour, salt and pepper. Stir into drippings to make a smooth paste. Add vinegar and water. Boil 2 or 3 minutes, stirring constantly.

Combine sauce, potatoes and onions in skillet and turn heat off. Cover with tea towel (not lid) and let stand at room temperature for 3 - 4 hours. Sprinkle with crisp bacon just before serving.

### CABBAGE AND TUNA SALAD

Pauline Sparks

3 c. cabbage, shredded  
2 hard boiled eggs  
1/4 c. mayonnaise with enough half and half to make it the right consistency

1/2 c. minced onion  
1 can tuna, drained and flaked

This salad goes well with French fries.



## MOLDED TUNA SALAD

Rita Holloman

1 box lemon gelatin  
1 can cream of celery soup  
1 can tuna, drained and  
cut up

1 box whipped cream topping  
mix, whipped  
1 c. hot water  
1/4 c. sandwich spread  
2 hard boiled eggs, finely cut

Dilute gelatin with hot water; blend in soup and sandwich spread. Chill until mixture begins to thicken - fold in tuna, eggs and whipped cream. Pour into 3-cup mold - let set.

Note: Shrimp may be substituted for tuna.

Yield: 10 servings.

## CHRISTMAS COLE SLAW

Naomi Stewart

1 head cabbage, shredded  
2 large green peppers,  
chopped  
1 red sweet pepper, chopped  
1/2 stalk celery, chopped  
2 c. sugar

1/3 c. water  
1 c. vinegar  
1 tsp. mustard seed  
1 tsp. celery seed  
2 Tbsp. salt

Cook together the sugar, water and vinegar for three or four minutes. Set aside to cool. Sprinkle the salt over the shredded cabbage and let stand two hours, then squeeze out all moisture (with hands), add the chopped celery, peppers, mustard seed and celery seed to cabbage mixture.

Mix well. Pack in jars and cover with cooled vinegar solution. Cover and store in refrigerator. This will make two quarts. Keeps for days.

## BEAN SALAD

Ruby Durrant

3/4 c. sugar  
1/2 c. vinegar

1/2 c. oil

Heat - bring to boil. Cool and pour over:

1 tsp. celery seed  
1 onion  
1 green pepper

1 can (each) of wax beans, green  
and red beans, small green lima,  
yellow beans

(1 double sugar, vinegar and oil for 4 cans.)



## CALICO SALAD

Erma Stone

1 can green beans  
1 can sliced carrots

1 can whole kernel corn

Combine all vegetables. Toss with dressing. Chill overnight in covered container.

### Dressing:

1/2 c. brown sugar  
1 Tbsp. salt  
1/4 tsp. ground turmeric

1/3 c. vinegar  
2 tsp. celery seed  
dash of pepper

Combine all and pour over vegetables.

## ORIENTAL SALAD

Thelma Mozingo

2 cans mixed Chinese  
vegetables  
1 can bean sprouts  
1 small can peas

1 can French style green beans  
1 c. onion rings (cut thin)  
1 c. diced celery

Drain all vegetables well. Combine:

1 c. sugar

1 c. tarragon vinegar

Heat sugar and vinegar until sugar dissolves. Then cool. Pour over the vegetables. Cover dish and let set several hours, better overnight.

This will keep indefinitely in the refrigerator.

## ALOHA SALAD

Clarie Peak

3 avocados, halved, and  
peeled

2 Tbsp. lemon juice

1 can (1 lb.) pineapple chunks (drained)

shredded salad greens

Aloha dressing

1/3 c. flaked coconut, toasted

Brush cut surfaces of avocados with lemon juice. Fill center of each half with pineapple chunks and put on shredded salad greens. Top each with 2 tablespoons of dressing and sprinkle with coconut.

### Aloha Dressing: Mix --

1 c. flaked coconut

1 1/2 c. mayonnaise

(Cont.)



3 Tbsp. milk  
1 1/2 Tbsp. lemon juice

1 tsp. curry powder

Note: Other fruits such as canned pears, peach halves or bananas may be used instead of avocados. Omit lemon juice.

## FRUITED CHEESE SALAD

Sharon Bennett

3 c. cream style cottage cheese	1 (13 1/2 oz.) can pineapple tidbits, drained
1 qt. frozen whipped dessert topping, thawed	1 (11 oz.) can Mandarin orange sections, drained
2 (3 oz.) pkg. orange pineapple jello	

In mixing bowl blend cheese and topping together - stir in dry jello. Fold in pineapple and orange sections. Pour into a 7 or 8 cup mold or bowl. Chill.

Colored miniature marshmallows and walnuts are good, also, and colorful. Different kinds of flavored jello and fruits can be used.

## MEXICAN FIESTA SALAD

Mary Ann Barker

Chop:

1 onion  
4 tomatoes

1 head lettuce

Toss with:

6 oz. shredded cheddar cheese      hot sauce to taste  
8 oz. 1000 Island or French dressing

Crunch and (leave in fairly large pieces) and add:

1 39¢ bag Doritos

Peel, slice and add 1 avocado - toss together to mix. Brown 1 pound of ground beef (lean). Add:

1 can drained dark red kidney beans

Simmer 5 minutes and add hot meat mix to cold salad and mix. Serve with additional hot sauce.



## CHEESE SALAD

Helen Dowler

1 c. crushed pineapple  
3/4 c. sugar

1/8 tsp. salt  
1 Tbsp. vinegar

Bring these four ingredients to a boil. Add:

1 envelope of unflavored gelatin (dissolved in 2 Tbsp. cold water)

Let cool until syrupy - then add:

1 c. grated cheese

1 c. cream, whipped

Let set for several hours.

(I use regular longhorn cheese, and 1 envelope of Dream Whip, whipped, in place of the cream.)

## FRUIT SALAD

Loretta Glenn

1 can apricot pie filling  
1 (small) can crushed pineapple (drained)  
1 c. miniature marshmallows

1/2 c. coconut  
1 small jar of maraschino cherries, drained and cut up

Mix all ingredients and eat with the meal.

## SALAD

Loretta Glenn

1 small carton of cottage cheese, drained  
1 small can drained, crushed pineapple

1 pkg. Dream Whip  
1 pkg. of orange jello, or any flavor

Mix the dry jello into the Dream Whip after it has been whipped according to directions on package - then add this to the pineapple and the cottage cheese.

## COTTAGE CHEESE SALAD

Naomi Stewart

1 small can pineapple tidbits  
1 small can Mandarin oranges

1 lb. carton cottage cheese  
1 box orange jello (dry)  
Cool Whip

Mix ingredients together and chill.



## SIX CUP SALAD

Linda Sonntag

1 c. pineapple tid-bits  
1 c. coconut  
1 c. sour cream

1 c. Mandarin oranges  
1 c. small marshmallows  
1 c. pecans

Combine and let chill several hours.

## FIVE CUP SALAD

Doris Vasquez

1 c. Mandarin oranges  
1 c. pineapple tid-bits  
1 c. shredded coconut

1 c. chopped nuts  
1 c. processed sour cream

Combine the above ingredients, in large mixing bowl. Let stand overnight. Small marshmallows may be substituted for all or part of nuts.

## RHUBARB SALAD

Betty Harris

2 pkg. raspberry jello  
2 c. cooked rhubarb (juice and all)

1 c. crushed pineapple  
2 c. pineapple juice and water  
1 c. chopped nuts

Heat rhubarb and dissolve gelatin in it. Cool. Mix in other ingredients. Add to slightly thickened jello - set.

## WALDORF SALAD

Martha Cole

2 c. apples, unpeeled and diced  
2 Tbsp. lemon juice  
1 c. celery, diced

1/2 c. chopped nuts  
1/2 c. mayonnaise  
lettuce

Place the diced apples in a bowl - cover with lemon juice, add celery and mayonnaise.

Chill for about one hour - add the nuts and serve on lettuce leaf.

## GOOSEBERRY SALAD

Betty Harris

1 c. gooseberries (in heavy syrup)  
1 c. marshmallows (miniature)  
1 c. diced celery  
1 large orange (cut up)

1 c. crushed pineapple  
1 c. pecans  
1 pkg. lemon jello  
1 c. boiling water  
1 c. juice off gooseberries and pineapple



Put marshmallows in boiling water, then add lemon jello. Stir until dissolved. Add all ingredients.

## CRANBERRY SALAD

Norma Asbury

Cook until they pop open:

2 c. cranberries

1 c. sugar

2 c. water

Remove from heat and add:

15 marshmallows

Let melt.

1 pkg. raspberry jello

Let cool, then add:

1 c. chopped apple

1 c. celery

1 c. nuts

## CRANBERRY NUT SALAD

Dorothy Rose

3 medium sized apples

1 pt. pecans

3 bananas

1 pt. sugar

1 pt. cranberries

Peel and slice apples thin. Place in bottom of casserole. Sprinkle with sugar enough to sweeten. Slice bananas on top of apples and sprinkle with small amounts of sugar. Place pecans on top of bananas, then put on cranberries. Pour remaining sugar on top of cranberries.

Place in 350 degree oven and cook until cranberries pop open. Remove from oven and place a few pecans on top. Put back in oven and toast pecans. Chill in refrigerator before you serve.

## MENUDO

Phyllis Benson

Scald tripe with boiling water and clean. Boil tripe with (until tender):

a bone of a cow

1 ball of garlic

Remove garlic - add chili powder, oregano and Salantro

(Cont.)



(bay leaf can be used if Salantro is unavailable). Drain white hominy and simmer for about one hour.

### COLD CUCUMBER SOUP (Tarator)

Dr. George Darzhansky

2 average size cucumbers  
4 - 6 cloves garlic  
1 1/2 Tbsp. ground walnuts  
1 - 2 Tbsp. vegetable or  
olive oil

1/2 tsp. of ground fennel seeds or  
fennel leaves, cut in small  
pieces  
salt  
24 oz. plain yogurt

Add the oil to the yogurt and beat. Add the cucumbers, cut in small pieces, the crushed garlic, the walnuts and fennel seeds and salt, then add 1/2 glass of water and some ice, mix up thoroughly and serve.

### TUNA CHOWDER

Jim Blackwell

1 Tbsp. finely chopped  
onion  
2 Tbsp. butter  
1 can condensed cheddar  
cheese soup  
1/2 c. milk

1 (16 oz.) can (2 c.) tomatoes,  
cut up  
1 (7 oz.) can tuna, packed in  
water, broken into chunks  
1 Tbsp. snipped parsley  
dash coarsely ground pepper

Cook onion in butter until tender but not brown. Add cheese soup, gradually blend in milk. Add undrained tomatoes, undrained tuna, parsley and pepper. Cover and simmer 10 minutes.

### CRANBERRY SAUCE

Naomi Stewart

1 qt. cranberries

2 c. water

Cook until tender. Add:

1 c. sugar

1 tsp. baking powder to each quart  
of cranberries

Cook only until sugar is dissolved.

Sauce will be sweet and fresh flavored with a clear color.  
Uses only half the usual amount of sugar if you desire.

### ORANGE JELLO SALAD

Pansy Ollenborger

2 pkg. orange jello  
1 qt. frozen Cool Whip

1 small can drained pineapple  
1 small container cottage cheese



Sprinkle jello in thawed Cool Whip and mix well, then add pineapple and cottage cheese.

Spread in 8 - 9 inch square baking dish and put in refrigerator to jell.

## ORANGE SALAD

Dorothy Rose  
Peggy Daniels

1 1/2 c. boiling water  
2 pkg. orange jello  
1 can frozen orange juice

2 c. (scant) cold water  
1 can Mandarin oranges  
1 small can crushed pineapple

Dissolve jello in 1 1/2 cups of boiling water - add cold water and when cool, add all other ingredients.

## ZERO SALAD DRESSING

Jeanene Kendall

1/2 c. tomato juice  
2 Tbsp. lemon juice or  
vinegar  
1 Tbsp. onion, finely  
chopped

salt and pepper  
chopped parsley  
green pepper  
horseradish, celery or mustard  
may be added as desired

Also, Worcestershire, soy sauce, or garlic powder may be used to differ flavor.

Combine ingredients in a jar with a tight cover - shake well.  
Keep in refrigerator.

(May be used as desired.)

## OVERNIGHT FRUIT SALAD

Peggy Daniels

Combine:

3 Tbsp. sugar  
1 Tbsp. flour  
1 beaten egg

juice from 1 No. 2 can of crushed  
pineapple

Cook on low flame, when almost thick add:

1 tsp. vinegar

Cook 2 minutes longer. Cool. Add:

2 lb. Tokay grapes, diced  
and seeded

1 lb. miniature marshmallows

Fold in:

(Cont.)



1 pt. whipped cream

Chill overnight.

## PEAR SALAD WITH CHEESE BALLS

Opal Clark

6 pear halves  
1 pkg. cream cheese  
2 Tbsp. cream

1/2 c. finely chopped nuts  
1/4 tsp. salt

Mash cream cheese; blend with cream and salt. Shape into balls and roll in nuts.

Place a pear half on lettuce, sprinkle with paprika and serve with French dressing. Arrange cheese balls at the side of pear half.

## APPLESAUCE SALAD

Helen Vitt

1 small pkg. red hots

1 c. water

Melt red hots in the water over heat until dissolved. Remove from heat. Add:

1 regular size pkg. raspberry jello

Stir until dissolved. When cool and slightly jelled, add:

1 No. 2 can applesauce

Top with:

softened Philadelphia cream  
cheese

chopped nuts

When set, cut into squares and serve on salad greens.

## BLUEBERRY - PINEAPPLE SALAD

Mable Carter  
Rosalea Hall  
James Haywood

Drain:

1 can blueberries

1 can crushed pineapple

Dissolve:

2 pkg. black raspberry jello in 2 cups of hot water



Add:

blueberry juice  
pineapple juice

enough cold water for 2 c.

Remove 1 cup of jello and place in another dish to set. Add blueberries and pineapple to other jello - let set. Whip as directed:

1 pkg. Dream Whip

Then add the 1 cup of set jello and mix well (purplish color). Place this over the larger dish of jello. May sprinkle top with grated cheese, if desired.

### JELLO WITH SPICED GRAPES

Ruth Fuik

1 large pkg. lime jello

1 can spiced grapes

Use juice from grapes to equal the 4 cups of liquid. When set up solid, top with thin layer of Cool Whip. Serve with the following - dip and crackers and chips. Very tasty for luncheons.

### CHERRY MOLD

Eulah Lilly

1 can pie cherries and  
juice

1 c. sugar

1/3 tsp. red food coloring

1 c. boiling water

2 small pkg. cherry gelatin

1 No. 2 can crushed pineapple

1 c. diced celery

1/2 c. chopped nuts

Cook cherries with juice, sugar and water 5 minutes. Dissolve gelatin and cool slightly. Add coloring. When cold, add crushed pineapple with juice, diced celery and chopped nuts. Pour into mold and refrigerate.

Write extra recipe here:



Write extra recipes here:





# MAIN DISHES

*Meat, Sea Food,  
Poultry*







## Tips

### TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.

- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.

- Carving is unduly complicated by a dull knife.

- And remember the first rule of carving . . . .  
"Cut across the grain"

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.



## Tips

### TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.

- When garnishing, don't be over-generous; leave space for the work to be done.

- Servings cool quickly so plates and platter must be heated.

- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.



MAIN DISHES --  
MEAT, SEAFOOD, POULTRY

CHICKEN CASSEROLE

Betty Harris

1 can deboned chicken	1 1/2 c. diced celery
1 (16 oz.) box Ritz crumbled crackers	1 can mushroom soup
2 beaten eggs	1 1/2 c. American cheese (grated)
2 diced onions (small)	4 c. broth

Bake 45 minutes at 350 degrees in large loaf pan.

MOLE  
(Wedding Meal)

Petra Carrillo

1 chicken fryer	salt
1 garlic clove	

Boil until done.

2 Tbsp. pure lard	2 tsp. flour, browned
1 Tbsp. peanut butter	1 can tomato puree

Add 2 packages of Williams chili powder to 2 - 3 cups of broth to above. Simmer until gravy thickens. Add chicken parts.

This dish is served with Mexican rice, refried beans and tortillas.

CHICKEN SPECIALTY

Shirley Quinzy

1 cut up chicken

Cover chicken with water and stew for 1 1/2 to 2 hours, adding water as needed. Toward last of cooking period, add:

1 1/2 sticks oleo

Add:

small whole onions  
small whole potatoes

small carrots .

Add, to cook, during last 45 minutes. Remove chicken and vegetables to serving platter.

Then to broth, add:

(Cont.)



1/2 to 3/4 c. cream

enough flour to make a thin  
gravy

Pour sauce over chicken to serve.

## SWEET BARBEQUE CHICKEN

Mildred Snyder

Cut up chicken.

2 c. catsup  
2 Tbsp. liquid smoke  
1 c. brown sugar (or more  
to taste)

1 tsp. chili powder  
dash Worcestershire sauce  
salt and pepper  
water

Flour chicken and place in pan. Mix catsup, liquid smoke, sugar, chili powder, salt, pepper and Worcestershire sauce. Add approximately 1 cup of water. Pour over chicken. If not covered, add enough water to cover.

Bake at 350 degrees for 1 1/2 to 2 hours until chicken is tender and sauce is cooked down and thick.

## OUTDOOR BURGERS

Mabel Carter

1 lb. ground beef  
1/2 c. chopped onions  
2 Tbsp. finely chopped  
green pepper  
3 Tbsp. catsup

1 Tbsp. prepared horseradish  
1 tsp. salt  
dash of pepper  
salad oil or melted butter

Combine all ingredients except salad oil. Mix lightly. Shape into four patties, 1/2 inch thick. Place on a greased grill or brush patties with salad oil.

Broil over hot coals for five minutes, or until done. Yield: 4 servings.

## SCOTTISH MEAT PATTIES

Vera Bailly

1 lb. ground beef  
1 c. dry quick cook oats

3/4 c. condensed milk  
salt and pepper to taste

Combine and shape into small patties and brown in:

2 Tbsp. fat

Add:

1/2 c. green pepper



1/2 c. celery

1/2 c. onion

Simmer for 15 minutes. Add:

1 c. cold water

Blend in:

2 Tbsp. flour

## MEAT BALLS AND MUSHROOMS

Esther Campbell

2/3 c. (6 oz. can) canned  
milk

1/2 c. Miracle Whip

1 (3 oz.) can sliced mush-  
rooms (drained)

1/4 tsp. celery seed

1 lb. ground beef

salt and pepper

2 Tbsp. Kraft oil

hot curried rice

Combine milk, Miracle Whip, mushrooms and celery seed. Mix until well blended. Season with salt and pepper. Shape in balls.

Brown in oil. Add Miracle Whip mixture. Heat for 20 minutes. Serve on rice.

## SPANISH RICE

Michael Farrell

Eva Sook

Petra Carrillo

2 c. rice

1 c. shortening

2 ripe tomatoes

1 or 2 cloves of garlic (or

1 tsp. garlic salt)

3 fresh whole Jalapeno peppers

1 medium onion

boiling water and 3 chicken bouillon  
cubes or chicken broth

Fry rice in hot shortening until golden brown. Drain in colander, discarding grease. Chop tomatoes and onion very fine. Mince garlic. Add to tomato mixture. Return drained rice to pan. Make a hollow in center.

Put over fire. Add tomato mixture in hollow, slowly turning and mixing with rice. Add water and cubes or chicken broth to cover rice. Wash peppers. Add to boiling mixture. Cover and simmer until almost dry - do not stir. Serve hot as a side dish with any meat.

## PEPPER STEAKS

Clifford Burnett

Alversa Lindsey

4 or 5 pork steaks, seasoned to taste with garlic salt, pepper and salt  
(Cont.)



Flour steaks - brown. Put in roasting pan. Take:

1 small onion  
about 2 sticks celery

mango pepper

Cover with:

2 cans tomato sauce

from 2 to 3 cans of water

Cook in a 375 degree oven about 1 1/2 hours.

### JAN'S CASSEROLE

Eva Latta

Brown:

1/2 lb. ground beef

1 onion, chipped

Add:

1 Tbsp. chili powder  
salt and pepper to taste

a dash of garlic salt

Cook:

1 pkg. (small) egg noodles (drained)

Mix with beef mixture and add:

1 can cut green beans (drained)

Over this, pour:

1 (8 oz.) can tomato sauce

1 can cream of mushroom soup

(Mix gently.) Top with grated cheese and bake at 350 degrees for 30 minutes (until heated through).

### GREEN CHILIE CASSEROLE

Jeanene Kendall

1 lb. hamburger  
1 can cream of chicken or  
cream of mushroom soup  
1 can green chilies  
onions, finely chopped  
(amount to taste)

grated longhorn cheese (amount  
to taste)  
1/2 can milk  
tortillas  
salt to taste

Brown hamburger, onions and salt to taste. Add 1/2 can of



milk to can of soup and heat. Add chopped green chilies to soup. Grease casserole dish. Place layer of tortillas on bottom of casserole. Cover with layer of hamburger. Pour soup mixture over 2 layers, then cover with a layer of grated longhorn cheese. Repeat until dish is full. Cook in 350 degree oven for one hour.

## SWISS STEAK

Darlene Billam

2 lb. chuck steak, 1 1/2 inches thick	1/2 c. chopped green pepper
1 (1 lb.) can tomatoes	1 Tbsp. steak sauce
1 pkg. onion soup mix	1 Tbsp. cornstarch
1 (4 oz.) can sliced mushrooms, drained	1 Tbsp. chopped parsley

Cut steak into serving size pieces and arrange in 3 quart casserole. Drain tomatoes, reserving juice and arrange over steak. Sprinkle soup mix, mushrooms and green pepper over tomatoes. Combine reserve with remaining ingredients and pour over all. Cover casserole and bake in moderate oven (350 degrees) for two hours, or until meat is tender.

## ITALIAN ROUND STEAK

Margo Pizzo

3 hard boiled eggs, sliced	2 Tbsp. olive oil
6 strips of thin bacon, crumbled	1/4 c. Parmesan cheese
	salt and pepper to taste

Lay round steak on flat surface. Sprinkle with olive oil. Spread bacon and eggs evenly. Sprinkle cheese, salt and pepper. Roll round steak and tie with thread. Cook in spaghetti sauce until done, usually 3 hours.

### Sauce:

2 #10 cans tomatoes	1 tsp. garlic powder
1 can tomato paste	salt and pepper
1 Tbsp. basil	1 can water

## ITALIAN BEEF

Margo Pizzo

3 lb. cubed beef	salt and pepper to taste
1/2 c. olive oil	1 Tbsp. oregano
1 large can mushrooms	

Fry beef in oil until brown. Add mushrooms. Serve with mashed potatoes. (1/2 cup onion and 1 green pepper may also be added.)



## OPAL'S DISH

Opal Clark

2 lb. hamburger  
1 #303 can pork and beans  
1/4 c. brown sugar  
salt to taste

1 medium bell pepper  
1 medium onion  
1/2 c. catsup

Scramble hamburger until brown. Drain, chop pepper and onion. Fry in small amount of shortening until well done. Add all ingredients together - simmer for 5 to 10 minutes. Serve hot or make sandwiches.

## PRESIDENT'S RIVER CHILI

Elizabeth Sawtelle, RN

4 lb. coarsely ground chuck  
1 large onion  
2 cloves garlic, crushed  
2 Tbsp. chili powder  
1 tsp. ground oregano

2 tsp. salt  
1 tsp. cumin seed  
2 cans (1 lb. each) tomatoes  
2 c. hot water

Cook together - meat, onions and garlic until meat changes color. Add rest of ingredients and mix well. Let simmer for about 1 hour, skimming fat as desired.

## GROUND BEEF STROGANOFF

Frances Biddle

2 Tbsp. butter  
1 lb. ground beef  
1/2 c. chopped onion  
1 clove garlic, minced  
1 can condensed cream of chicken soup

1 can (4 oz.) mushrooms, undrained or 1/2 can cream of mushroom soup  
1 tsp. salt  
1/4 tsp. pepper  
1 c. dairy sour cream  
buttered noodles

In large skillet melt butter; add meat, onion and garlic and cook until meat is brown. Add soup, mushrooms, salt and pepper. Simmer for ten minutes. Stir in sour cream; heat to serving temperature. Serve over noodles.

## HAMBURGER STROGANOFF

Betty Harris

1 1/2 lb. hamburger

1/4 c. chopped onion

Cook until brown. Spoon off excess fat.

1 1/2 Tbsp. flour

3/4 tsp. salt



Blend into first mixture. Stir in:

1 can mushroom soup

One-half cup of cultured sour cream is added after all above has simmered for twenty minutes. Serve over rice or buttered noodles.

### SWEET-SOUR SHORT RIBS

Mary Woestman

5 lb. short ribs (pork)  
2 tsp. salt  
2 c. sliced onion  
2 Tbsp. vinegar  
2 Tbsp. Worcestershire  
sauce

1/2 c. flour  
pepper to taste  
3/4 c. catsup  
1/2 c. sugar  
3/4 c. water  
4 Tbsp. soy sauce

Cut short ribs into 2 inch serving size lengths. Roll ribs in flour, season with salt and pepper. Arrange in a large casserole or roaster and cover with the sliced onion. Mix together sauces, sugar and water.

Pour over ribs - cover and bake at 300 degrees for three hours.

### HAM

Helen Vitt

Boil ham 2 hours so can remove rind and excess fat. Mix brown sugar and cracker crumbs (crumbs keep ham from becoming too brown) together with prepared mustard to consistency of paste. Spread this mixture onto ham until completely coated. Bake slowly in oven until ham is tender.

### CARAMEL HAM LOAF

Jean Leake

1 1/2 lb. lean ground pork

1 lb. cured ham

(Have ground together.)

2 eggs  
1 c. milk

1 c. cracker crumbs  
pinch of pepper and salt

Beat eggs; add milk, salt and pepper. Pour over meat, add cracker crumbs and mix. Shape in loaf and place in greased baking pan. Over it, pour this sauce which has been heated:

1/2 c. brown sugar

1/4 c. vinegar

(Cont.)



1/4 c. water

1 tsp. dry mustard

Bake in slow oven (325 degrees) without lid, basting often.  
Be sure meat is lean - not too fat.

### BULGARIAN BURGHERS (Kebabcheta)

Dr. George Darzhansky

1 lb. ground pork  
1 lb. ground beef  
1/2 to 1 tsp. full ground  
black pepper

1 tsp. cummin seeds, slightly  
browned and ground  
1 chopped onion (2 - 3 oz.)  
medium size

Mix up all the ingredients thoroughly and keep in refrigerator for 8 to 12 hours, then prepare pieces 2 x 2 x 1/2 inch and barbecue. Serve hot with French fries and salad.

### STUFFED PORK CHOPS

B. Burns

4 rib pork chops - 1 1/2 inches thick

Cut through the lean part to make a pocket.

2 Tbsp. bacon fat  
1 c. bread crumbs  
1/2 tsp. salt  
2 stalks celery, chopped

1/2 tsp. pepper  
1 sprig parsley  
1/2 tsp. thyme, minced

Combine celery, parsley, bacon fat, bread crumbs, salt, pepper and thyme.

Melt bacon fat and lightly mix with ingredients, wipe chops with damp cloth and stuff with dressing. Secure opening in pork chops with toothpicks. Brown chops in hot fat in a heavy skillet. Add:

1/2 c. hot water

Cover. Place in moderate oven (350 degrees) and bake for one hour.

### HAMBURGER PIE

Mrs. Alvin Hutfles

6 medium potatoes  
1 lb. hamburger  
1 can tomatoes  
1 can green beans

1 Tbsp. butter or margarine  
1/4 c. milk  
salt and pepper



Boil potatoes until done, drain and mash with 1/4 cup of milk and 1 tablespoon of butter. Set aside.

In heavy skillet, brown hamburger; season with salt and pepper. Drain liquid from hamburger. Add tomatoes and drained beans. Mix well.

Spoon mashed potatoes on top of mixture. Bake in oven at 350 degrees for 30 to 40 minutes.

## BRUNSWICK STEW

Irene Hicks

1 (4 lb.) stewing hen  
1 qt. water  
1 medium onion

2 stalks celery  
parsley (few stalks)  
2 tsp. salt

Wash hen. Put in large kettle with other above ingredients. Cover and simmer until tender (1 1/2 hours). Remove from kettle and take chicken from bones.

Discard skin and cut chicken into fairly large chunks. Strain the broth and return chicken to broth. This can be done a day ahead, then add:

1 No. 2 can tomatoes  
1 No. 2 can okra  
1 pkg. frozen baby lima beans  
1 pkg. frozen corn

2 tsp. Worcestershire sauce  
1/4 tsp. hot pepper sauce or dash  
of cayenne pepper  
1/4 c. butter

Taste for seasoning, adding more salt if necessary. Simmer for one hour.

May substitute fryers, turkey or use part rabbit or squirrel if you can for an authentic taste of early Americana. It freezes well.

## EASY OVEN STEW

Mr. Carroll Peterson

2 lb. beef, cut up for  
stew  
1/4 c. flour  
2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. paprika  
2 Tbsp. Wesson oil

4 small onions, cut up  
4 small potatoes, pared and halved  
4 small carrots, cut into 1 inch  
pieces  
1 c. sliced celery  
1 c. water  
2 (8 oz.) cans tomato sauce

Combine flour, salt, pepper and paprika in paper or plastic bag. Drop in beef, a portion at a time; shake until coated. Mix with Wesson oil in 3 quart casserole.

(Cont.)



Bake, uncovered at 400 degrees for 30 minutes. Stir once. Add vegetables, water and tomato sauce. Mix well. Cover; bake at 350 degrees for 1 3/4 hours, or until done.

## IRISH STEW

Leona B. Scott

2 lb. potatoes, pared and  
cut in 1/2 inch thick  
slices  
1 lb. onions, sliced  
3 lb. shoulder of lamb,  
cut in 1 1/2 inch pieces

1 1/4 tsp. pepper  
2 tsp. salt  
1 tsp. Worcestershire sauce  
2 Tbsp. chopped parsley

Arrange layers of potatoes, onions and meat in heavy saucepan or Dutch oven, seasoning each layer with salt, pepper and thyme. Add just enough water to fill pan half full. Cover. Bring to boil. Reduce heat and simmer for one hour or until meat is tender. Add Worcestershire sauce and sprinkle with parsley.

## OVEN BARBEQUED CHICKEN

Lois Neal

2 - 3 lb. fryer  
seasoning  
1/4 c. melted butter  
1 Tbsp. lemon juice

1/2 c. salad dressing  
1/4 c. hot catsup  
2 Tbsp. honey  
1 tsp. paprika

Season chicken. Combine all ingredients in baking pan. Arrange chicken in single layer, turning once to coat. Bake at 350 degrees for 45 - 60 minutes, or until done, basting every 15 minutes.

## FOIL BAKED CHICKEN

Mary Redmond

1/2 c. water  
1/3 c. catsup  
1/3 c. vinegar  
1/4 c. brown sugar  
4 Tbsp. melted butter  
2 Tbsp. Worcestershire  
sauce

2 Tbsp. lemon juice  
2 tsp. salt  
2 tsp. paprika  
2 tsp. chili powder  
2 tsp. mustard  
2 (2 1/2 to 3 lb.) fryers, cut up

Blend all ingredients except chicken.

Dip chicken pieces in sauce. Divide chicken in 4 to 6 serving size portions, placing each serving on separate pieces of foil. Pour about 1 tablespoon of sauce over each portion of chicken. Seal foil securely. Bake at 400 degrees for 45 minutes.



Open foil - brush with remaining sauce. Bake for fifteen minutes.

## CHICKEN LOAF

Alice Reed

Cook:

1 large chicken

Cool and cut in pieces. Put chicken into large mixing bowl and add:

1 1/2 c. diced celery  
1 1/2 c. cubed Velveeta  
cheese  
1 can mushroom soup  
4 c. Ritz crackers, crushed

1 chopped onion  
2 eggs  
6 c. chicken broth  
salt and pepper to taste

Put into large loaf cake pan. Top with additional buttered crumbs, if desired. Bake in 350 degree oven for one hour.

## CHICKEN AND NOODLES

Delberta Crumm

1 fryer or hen  
broth (salt)

1 small pkg. noodles  
1 can cream of chicken soup

Boil chicken until tender. Remove meat from the bone. Tear meat to pieces.

Heat broth to boiling. Add the noodles and cook until tender. Add the meat pieces and the can of soup. Let this remain on the heat only long enough for the soup to melt. Stir it into noodles while it melts.

If large package of noodles is used, use 2 cans of cream of chicken soup.

## MEAT LOAF WITH SPANISH SAUCE

Betty New

2 lb. hamburger meat  
1 clove garlic, chopped  
fine  
1 small onion, chopped fine  
1/2 bell pepper, chopped  
fine  
1/2 tsp. salt  
1/4 tsp. black pepper

1 #303 can tomatoes  
3 Tbsp. tomato catsup  
1/4 tsp. hot sauce or 1 Tbsp.  
chili powder  
1 can tomato sauce  
1/4 tsp. Worcestershire sauce  
1 1/2 c. water

Mix salt, pepper, onion, garlic and bell pepper. Drain  
(Cont.)



tomatoes and smash, saving juice. Add all this to meat and mix well. Add tomato juice and sauce to hot sauce and Worcestershire sauce. Mix this together. Put the sauces with water. Mix and pour over meat loaf. Put catsup on top of loaf.

If desired, add potatoes around loaf and bake at 450 degrees for 1 1/2 hours.

## TORTILLAS

Clara Carrillo  
Joe Vasquez

6 c. flour  
2/3 c. lard

2 Tbsp. salt  
1/2 c. baking powder

Combine all ingredients, then add hot water and knead until forms a solid ball of dough. Make 2 inch balls, then roll out each ball and cook over a hot plate. Makes about 2 - 3 dozen.

## TAMALE PIE

John Horton

1 1/2 lb. ground chuck  
1 (6 oz.) can of tomato  
paste  
1/4 c. water

1 pkg. (1 1/4 or 1 3/4 oz.)  
chili seasoning mix  
1/4 c. diced ripe olives  
1 tsp. sugar

Brown beef. Stir in other ingredients. Cook, stirring until well blended. Skim off surface fat.

Preheat oven to 350 degrees. In bowl, combine:

1 c. yellow corn meal  
1 tsp. salt

1 c. water

In medium saucepan, stir mixture into:

1 c. boiling water

Cook until thickened, stirring constantly. Spoon into 10 x 6 inch baking dish.

Spread meat mixture evenly over corn meal mixture. Sprinkle with --

cheese (4 oz. shredded  
cheddar)

1/2 c. coarsely broken corn chips

Bake for 30 minutes. Let stand 5 minutes before serving.



## ONE POT MEAL

Charlotte Green

Season hamburger and form into meat balls. Brown in hot grease or oil.

While this browns, peel half potatoes. Put in pan where meat balls browned. Put meat balls on top. Add:

1 c. water

Cook until done. Take potatoes and meat out of heavy pot and cook noodles in broth. Then serve all this with green salad.

## SUPER POT ROAST

Faye Bayless

3 - 4 lb. pot roast, cut 1  
inch thick

1 clove garlic, slivered

1/2 c. chopped onion

1/2 c. molasses

1 (6 oz.) can beer

1 pkg. brown and season

Cut small gashes in roast and insert slivers of garlic. Mix onion, molasses and beer. Marinate roast for 2 hours, turning as necessary.

Drain and coat with brown and season. Bake for 25 minutes in 400 degree oven.

## CRAB - TUNA FONDUE

Thelma Shealey

1 can crabmeat (7 oz.)

1 can tuna (4 oz.)

5 c. cubed French bread

1 pkg. (8 oz.) Muenster  
cheese (cubed)

2 Tbsp. chopped parsley

4 eggs

3 c. milk

3 Tbsp. melted oleo

3 tsp. dry mustard

1 tsp. onion

Drain and flake crab and tuna. Combine in small bowl. Layer 1/3 each of bread, seafood, cheese, and parsley in buttered casserole. Repeat 2 more layers. Beat eggs with milk, butter, mustard and onion.

Pour over the three layers - cover. Chill at least 3 hours or overnight.

Bake at 350 degrees for 1 hour and 15 minutes. Will be puffed and golden.



## TUNA BURGERS

Helen Fultz

1 c. catsup or chili sauce	1 tsp. salt
1 c. water	1/2 tsp. chili powder
3 Tbsp. sugar	2 dashes Tabasco sauce
2 Tbsp. vinegar or lemon juice	1 medium onion, sliced and quartered
1/4 inch slice unpeeled lemon, quartered	1/2 c. (1 inch) celery slices
1 Tbsp. Worcestershire sauce	1/3 c. (1 inch) green pepper squares
2 cans (7 oz. each) solid pack tuna, drained and flaked	

Combine catsup or chili sauce, water, sugar, vinegar or lemon juice, unpeeled lemon, Worcestershire sauce, salt, chili powder and Tabasco sauce, in mixing bowl. Stir until mixed. Add onion, celery and green pepper.

Stir. Place ingredients in saucepan; simmer slowly to blend flavors, about 25 minutes. Add tuna, heat about 10 minutes, stirring frequently. Serve on hot toasted buns.

## FISH AND CHIPS (Authentic English Version)

Irene Hicks

Mix to a smooth batter:

2 eggs	2 Tbsp. cold water
5 Tbsp. flour	1/4 tsp. baking powder
1/4 tsp. salt	

Peel and cut into 1 inch cubes 5 potatoes (Idaho white). Put cubed potatoes into batter and coat. Lift from batter with slotted spoon to drain some of the batter. Put in single layer in hot shortening (depth of 1 inch in large skillet), cook about 7 or 8 minutes on one side, turning potato pieces one at a time. Last 5 minutes of cooking put cubed fish (halibut is best) in batter and then add to skillet with potatoes, keeping fish in single layer also. Turn fish once and remove potatoes and fish to paper towels to drain, then to serving dish.

## TOSTADES (Open Faced Sandwich)

Joe Vasquez

Deep fry finished tortillas until hard, spread with bean paste. Sprinkle grated cheese, shredded lettuce and diced fresh tomato on top.



## ENCHILADAS

Clara Carrillo  
Joe Vasquez

1 lb. cheese  
1 lb. hamburger  
1/2 lb. sausage  
1 - 2 onions, diced  
2/3 c. pickle relish or  
diced pickles

1 pkg. chili powder  
2 c. hot water  
2 dozen tortillas  
1 Tbsp. salt  
1 c. lard

Fry the hamburger and sausage together, season with salt and black pepper. Grate the cheese, then mix with onions and pickles. After the hamburger and sausage has cooled down a while, mix with cheese, pickles and onions.

Empty the chili powder in a bowl and add about 2 cups of hot water and 1 tablespoon of salt.

Dip each tortilla separately in the chili powder sauce and fry about 3 at a time in 1 cup of lard. Fill each tortilla with the hamburger and cheese mix, then roll up lengthwise.

## FIDEO

Pete Guerrero

(Vermicelli Thin Spaghetti)

1 pkg. Fideo or Vermicelli  
1 (8 oz.) can tomato sauce  
salt and pepper to taste

1 medium onion, chopped  
2 boiling eggs  
chicken broth

Brown Fideo in oil or lard until medium brown. Add chopped onion and tomato sauce, salt and pepper, chicken broth and boil until soft, about 20 minutes. Let set and slice boiled eggs and garnish on top for serving.

## WEIGHT WATCHERS CHILI

Pete Guerrero

1 (12 oz.) can chunk tuna  
1 Tbsp. grated onion  
1 #3 can sliced mushrooms

1 pkg. Williams chili powder  
dash of Worcestershire sauce  
tomato juice, enough not to be  
too thin

Boil for 10 to 15 minutes.

## TACOS

Pete Guerrero

1 dozen taco shells  
1 lb. hamburger  
2 tsp. chili powder  
1 onion, medium

1 head lettuce  
2 medium tomatoes, chopped  
1/2 lb. grated cheese  
taco sauce, medium or hot

(Cont.)



Fry hamburger with chili powder until done. Fill taco shell with small layer of hamburger, then grated lettuce, tomato and grated cheese on top. With hot sauce on top, serve while hot.

## SPANISH RICE

Michael Farrell

Brown together:

1 lb. hamburger

1 small diced onion

Add:

2 cans tomato sauce

1 can chopped green chilies

1 tsp. salt

1 c. uncooked rice

Cook slowly, adding water as needed until rice is tender. Finished dish should be moist but not juicy.

Write extra recipes here:





## MAIN DISHES

*Cheese, Egg, Spaghetti,  
and Casserole*







Glycerin makes an excellent lubricant for egg beaters or other kitchen utensils that have moving parts. Unlike oil it will not spoil the taste of food if mixed with it by accident. The glycerin may be applied with a medicine dropper.

Chill cheese to grate it more easily.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Time for cooking vegetables varies with the age of the vegetables and the hardness of the water. Altitude is also a factor. Test them by pricking with a fork.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil too.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.



MAIN DISHES --  
CHEESE, EGG, SPAGHETTI, AND CASSEROLE

CHEROKEE CASSEROLE

Glenna Graber

1 lb. ground beef  
1 Tbsp. olive oil  
3/4 c. chopped onion  
1 1/2 tsp. salt  
dash of pepper  
1/8 tsp. garlic powder  
1/8 tsp. ground thyme  
1/2 small bay leaf

1/8 tsp. oregano  
2 c. (1 lb. can) tomatoes  
1 can condensed cream of mushroom soup  
1 c. Minute rice  
6 stuffed olives, sliced  
2 - 3 slices American cheese, cut in strips

Brown meat in olive oil. Add onion; cook over medium heat until onion is tender. Stir in seasoning, tomatoes, soup and rice. Add half of olive slices. Simmer for 5 minutes, stirring occasionally, spoon into baking dish.

Top with cheese strips. Broil until cheese is melted. Decorate with remaining olive slices.

Serves 4 - 6 people.

STEAK CASSEROLE

Claire Peak

Brown: (in shortening)

1 lb. round steak, cut into serving pieces

Salt and pepper to taste. Drain grease. Add to steak:

1 can drained green beans      cooked whole potatoes

Pour over this a mixture of:

1 can cream of mushroom soup      1/3 can of water

Cover and simmer 30 to 40 minutes.

DOUBLE CHEESE HAMBURG NOODLE CASSEROLE

Patricia Bell

5 oz. pkg. egg noodles  
1 lb. ground beef  
2 Tbsp. oleo  
garlic or salt to your taste  
1 (15 oz.) can tomato sauce

1 Tbsp. soy sauce or Worcestershire sauce  
1 tsp. seasoned salt  
1 tsp. sugar  
1/4 tsp. salt

(Cont.)



1/4 tsp. pepper  
1 (3 oz.) pkg. cream cheese  
1 c. sour cream

1/3 c. chopped onion  
2/3 c. shredded cheddar cheese

Cook and drain noodles. Cook beef in oleo until brown. Add tomato sauce, garlic, onion and next 5 ingredients; simmer for 20 minutes. Blend sour cream and cream cheese until smooth. Put half of noodles in greased casserole, 1/2 of creamed cheeses, and then meat mixture. Repeat layers once more and top with cheddar cheese. Bake at 350 degrees for 30 minutes. Serves 4 - 6.

## RICE CASSEROLE

Dorothy Ross

1 c. uncooked rice

1 lb. hamburger

(Salt and pepper.)

1 onion

1 can cream of chicken soup

1 can cream of mushroom soup

5 Tbsp. soy sauce

Boil rice about 20 minutes. Brown hamburger and onion. Add soup and soy sauce. Put in 9 x 13 inch pan. Bake at 350 degrees for one hour.

## CORNERD BEEF CASSEROLE

N. Chandler

1 can cornerd beef

1 (10 oz.) pkg. noodles, cooked as directed

Add:

1/2 lb. cheese (diced)

1 can milk (rinse out cans)

1 can cream of chicken soup

1 Tbsp. onion

1 can cream of mushroom soup

1 small can pimento (optional)

Put in flat pan, greased. Put buttered crumbs or corn flakes on top and bake in 325 degree oven one hour.

For it to cut out nicely take out of oven 15 minutes before serving.

## GREEN RICE

Anne McComas

Saute:

1 stick oleo

1/2 c. onion

Add:



1 can mushroom soup

1 small jar Cheez Whiz

Add:

1 1/3 c. instant rice  
(prepared)

1 pkg. frozen broccoli (thawed)

Put in buttered baking dish. Bake 30 to 45 minutes at 350 degrees.

## GREEN BEAN PIE

Betty Harris

3 eggs, separated  
1/2 c. flour

1 c. dairy sour cream  
1 c. shredded cheddar cheese

Filling:

1 can condensed cream  
of chicken soup  
1/2 tsp. instant minced  
onion  
3 Tbsp. flour

dash of pepper  
1 c. cubed and cooked ham  
1 can green beans, drained  
1/2 c. cubed cheese

Separate egg, putting white in small mixing bowl, and yolks in large mixing bowl. Beat egg whites at high speed and until soft mounds form. In large mixing bowl combine egg yolks, sour cream, flour and salt. By hand, blend well - fold egg whites gently but thoroughly into egg yolk batter. Pour 1/2 of batter into a greased 10 inch pie pan or 1 1/2 quart casserole. Sprinkle with 1/2 cup of cubed cheese. Bake at 375 degrees for 10 minutes. Remove from oven, spoon filling into center - pour remaining batter over filling. Sprinkle with cheese - return to oven. Bake 20 to 25 minutes, or until golden brown.

## 7-LAYER CASSEROLE

Loretta Glenn  
Carroll Peterson

Begin heating oven to 350 degrees. Place the following ingredients in layers in a two quart baking dish with a tight fitting lid:

1 c. uncooked rice

1 c. canned whole kernel corn,  
drained

Sprinkle with salt and pepper. Pour over this:

1 (8 oz.) can tomato sauce

1/2 can water

(Cont.)



Also needed:

1/2 c. finely chopped onion  
1/2 c. green pepper

3/4 lb. uncooked ground beef

Sprinkle with salt and pepper. Pour one more 8-ounce can of tomato sauce and 1/4 can of water over the ingredients. Cover meat with 4 strips of bacon, cut in half. Cover and bake at 350 degrees for one hour. Uncover and bake about 30 minutes longer, until bacon is crisp. Makes 4 - 6 servings.

### POT LUCK CASSEROLE

Phyllis Benson

8 oz. noodles  
1 lb. ground beef  
1 Tbsp. butter  
1 tsp. salt  
1/8 tsp. pepper

1/4 tsp. garlic salt  
8 oz. tomato sauce  
1 c. creamed cottage cheese  
1 c. dairy sour cream  
3/4 c. shredded sharp cheddar cheese

Cook noodles and drain. Brown meat and add salt, pepper and garlic salt, then add tomato sauce. Simmer 5 minutes. Mix cottage cheese, sour cream with noodles. Alternate layers of noodles and meat mixture. Top with shredded cheese. Bake at 350 degrees for 20 to 25 minutes.

### IRENE RUTLEDGE NOODLE CASSEROLE

Betty Hosfeld

Cook 6 ounce package of noodles. Saute in 1 stick of butter or oleo:

2 c. diced celery, onion and green peppers

Brown 1 1/2 pounds of ground chuck. Put noodles in casserole. Add celery mixture and ground beef. Add 2 cups of diced cheese. Cover with:

1 can mushroom soup

2 cans tomato soup

Mix lightly - bake at 350 degrees for one hour. (I use an oblong cake pan for a casserole since the dish does not require covering.)

### NOODLES AND CHEESE CASSEROLE

Alvin Hutfles

1 pkg. egg noodles

3/4 c. milk



7 oz. longhorn cheese  
(cheddar natural)

salt  
corn flakes

Boil egg noodles and salt in water for 7 minutes. Grate cheese very fine. Grease casserole. Drain noodles and place thin layer of noodles in casserole, alternate noodles and cheese until casserole is filled, end with layer of cheese. Pour  $\frac{3}{4}$  cup of milk over this and top with corn flakes. Bake at 350 degrees for 20 to 30 minutes.

## CHICKEN CASSEROLE

Doris Vasquez

1 whole chicken, cooked  
and boned

1 can chicken cream soup

1 can cream of mushroom soup

1 pkg. (large) of egg noodles  
(cooked)

1 pkg. frozen mixed vegetables  
(cooked)

Combine all the above ingredients in a large baking dish. Decorate top with thin slices of American cheese. Bake in moderate oven  $\frac{1}{2}$  hour.

## ITALIAN CASSEROLE

Linnett Stevenson

6 oz. pkg. noodles, cooked as directed

Spread in bottom of 9 x 12 x 2  $\frac{1}{2}$  inch casserole.

1  $\frac{1}{2}$  lb. hamburger

Brown well, stirring often. Spread over noodles. Using same skillet, saute in 1 stick of oleo:

$\frac{3}{4}$  c. diced onion

$\frac{3}{4}$  c. diced celery

$\frac{1}{2}$  c. diced green pepper

Spread over hamburger.

1  $\frac{1}{2}$  c. diced cheese

Spread over mixture. Pour over all:

1 can mushroom soup

2 cans tomato soup

Taking a large spoon, toss all together lightly - do not stir too much. Bake in oven for one hour at 350 degrees.



## ITALIAN MEAT BALLS AND SPAGHETTI

Mary Spencer

1 1/2 lb. ground beef  
1 tsp. pepper  
1 tsp. salt  
1/2 tsp. sweet basil  
2 eggs  
1/2 tsp. oregano

parsley (optional)  
1 clove garlic  
1 onion, chopped fine  
1/2 c. bread or cracker crumbs  
6 - 8 Tbsp. grated Parmesan  
cheese

Mix well ingredients and form into meat balls. Fry to a nice brown on all sides and put in sauce which has been prepared ahead.

### Sauce:

1/4 to 1/2 lb. dry salt pork  
2 cans tomato paste  
2 Tbsp. olive oil

1 onion  
1 clove garlic  
4 c. water

Put oil in large enough pan to hold meat balls - add salt, meat (chopped fine), add onion and garlic and fry until brown. Add tomato paste and water - add meat balls.

Simmer for one hour. Remove meat balls and sauce. Serve on spaghetti.

## PERFECT NOODLES

Alice Dunn

2 medium eggs  
1/2 tsp. salt

1 c. flour

Put flour in bowl - add salt and eggs. Mix thoroughly. Place on floured board and roll thin. Sprinkle enough flour to keep from sticking and cut noodles as thin as you can.

Have either beef or chicken broth boiling - add a few noodles at a time, trying to keep broth boiling. When you have all noodles in reduce heat, cover and let cook 15 minutes.

## HOMEMADE NOODLES

Maxine Bowman

2 eggs  
2 Tbsp. oleo (soft)  
1/2 tsp. salt

2 c. flour  
1/4 tsp. baking powder  
2 Tbsp. milk

Sift together flour, baking powder and salt. Add beaten eggs, milk and oleo. Knead for a few minutes on floured board. Roll thin and cut. Allow to dry for at least one hour. Cook with



beef or chicken. These may be made ahead of time and frozen until needed.

## SPAGHETTI SAUCE

Arlene McClanahan

1/2 c. oil  
1 1/2 lb. beef, ground  
1 1/2 c. sliced onions  
1/2 c. green pepper

1/2 c. mushrooms  
2 (6 oz.) cans tomato paste  
1 No. 2 can tomatoes

Brown onions and ground beef in oil - add pepper. Add all ingredients and simmer two or three hours. Serve with long spaghetti.

Write extra recipes here:

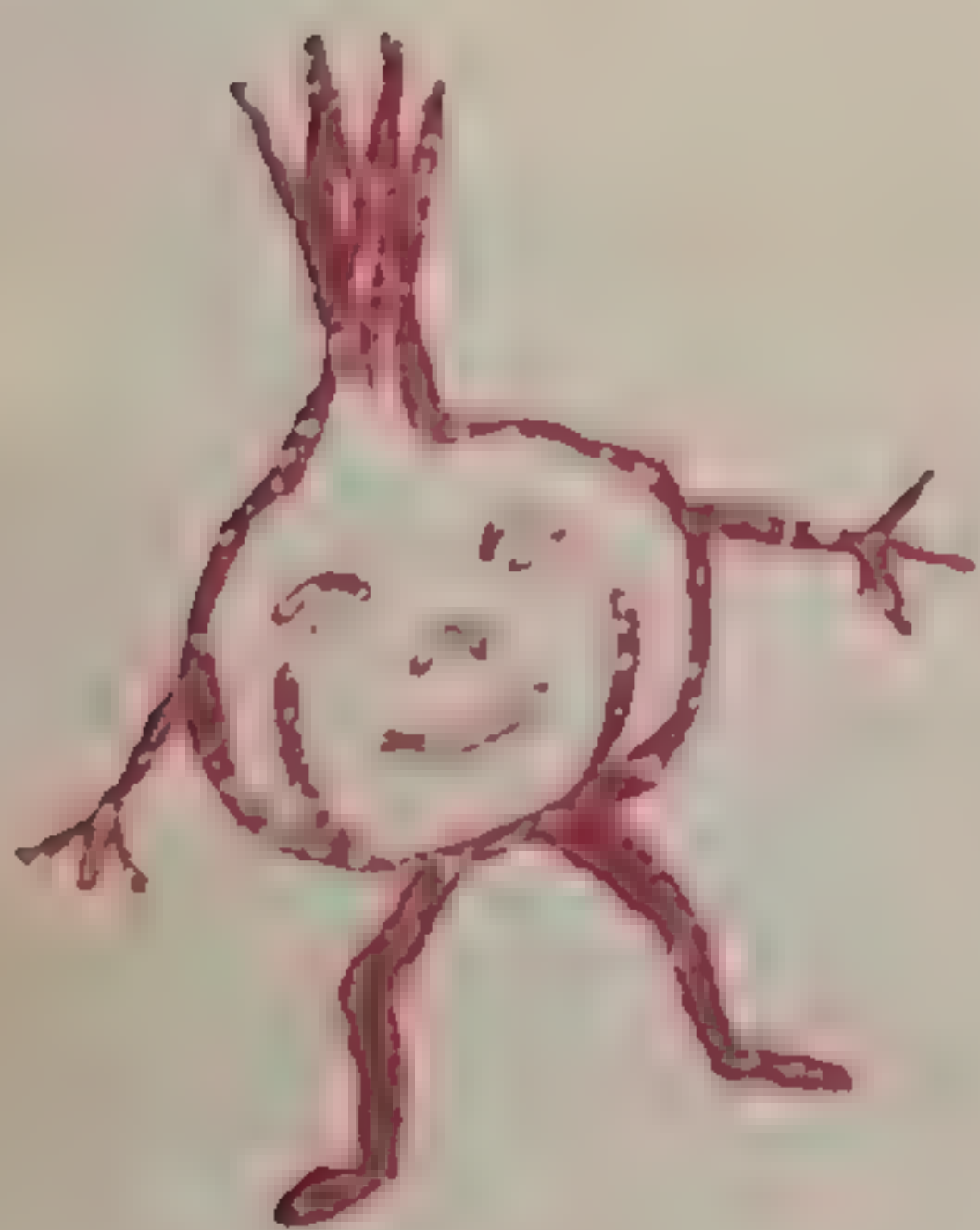


Write extra recipes here





# Vegetables





# BUYING GUIDE

## Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

*Asparagus.*—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

*Beans, snap.*—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

*Berries.*—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

*Broccoli, brussels sprouts, and cauliflower.*—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

*Cabbage and head lettuce.*—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

*Cucumbers.*—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

*Melons.*—In cantaloups, thick close netting on the rind indicates best quality. Cantaloups are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

*Oranges, grapefruit, and lemons.*—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

*Peas and lima beans.*—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

*Root vegetables.*—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

*Sweetpotatoes.*—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.



## VEGETABLES

### GOLDEN EGGPLANT

Marilyn Love

2 1/2 c. peeled cubed egg-  
plant  
18 saltine crackers (crumbled)  
1/2 c. shredded sharp cheese  
1/4 c. chopped celery

1/4 c. chopped onion  
2 Tbsp. chopped pimiento  
1 Tbsp. melted oleo  
1/2 tsp. salt  
1/4 tsp. pepper  
1 c. cream or evaporated milk

Cook eggplant in boiling salted water for ten minutes. Drain. Combine with remaining ingredients. Turn into one quart casserole. Bake at 350 degrees for 45 minutes.

### SCALLOPED GREEN BEANS

Carroll Peterson

1 can cream of mushroom soup  
1 can cream of chicken soup

2 cans green beans  
1 can French fried onions

Combine soups. Grease casserole. Pour in green beans. Cover with soups and sprinkle onions on top. Bake at 350 degrees until golden brown on top. Makes 8 servings.

### GREEN BEAN LOAF

Esther May Campbell

1 c. coarsely crumbled  
crackers

2 Tbsp. melted butter

Saute until golden brown. Combine:

2 eggs, slightly beaten  
2 c. hot water  
1/2 tsp. salt

dash of pepper  
2 tsp. grated onion

Add crackers and 1 can of drained green beans. Pour into lined loaf pan. Bake at 350 degrees for 60 minutes, or until knife comes out clean. Cool 5 minutes - unmold - add cheese on top after awhile.

### HOMINY CASSEROLE

Pauline Nichols

1 large can hominy  
1/2 green pepper  
1/2 medium onion  
4 Tbsp. flour

2 c. milk  
1/2 lb. sharp cheddar cheese  
1/2 tsp. salt  
1/4 c. butter

(Cont.)



Saute green pepper and onions in butter until soft. Lift onion and pepper from saucepan and add flour, salt, milk to make a white sauce - add cheese and melt, then add hominy, green pepper and onion. Pour in casserole and put several strips of bacon on top. Bake in 350 degree oven for 45 minutes.

### BROCCOLI CASSEROLE

Patricia Devine  
Rosella Kelly

1 c. grated cheese  
1 c. mayonnaise (salad  
dressing)  
2 well beaten eggs

2 Tbsp. minced onion  
2 pkg. frozen broccoli  
1 can mushroom soup  
dash of salt and pepper

Cook broccoli according to directions. Drain well. Fold in remaining ingredients. Bake at 350 degrees for 40 minutes.

### BROCCOLI CASSEROLE

Thelma Shealey

Saute in 1 stick of oleo:

1/2 c. chopped onion

1/2 c. diced celery

Thaw completely - 2 packages of chopped broccoli. Drain off all juice.

2 c. unsalted cooked rice

Mix above all together with:

1 can mushroom soup

1 jar Jalapeno Cheez Whiz

Pour into buttered casserole. Sprinkle top with chopped almonds or bread crumbs. Bake at 350 degrees for 30 to 40 minutes. May be divided and place half in freezer.

### RICE AND BROCCOLI CASSEROLE

Pauline Nichols

1 c. Minute rice (cooked)

Saute in 3 tablespoons of oleo:

1/2 c. chopped celery

1/2 c. chopped onions

Add:

1 pkg. chopped broccoli, thawed 1 can cream of chicken soup



1/2 c. milk

1 jar Cheez Whiz (medium size)  
or 1 can cheddar cheese soup

Bake at 325 degrees for 30 to 45 minutes.

## BROCCOLI CASSEROLE

Betty Harris

2 pkg. (10 oz. each) frozen  
broccoli spears  
1 tsp. instant minced  
onion  
3 tsp. butter or oleo  
1 can condensed cream of  
mushroom soup

1 tube (6 oz.) garlic flavored  
cheese spread  
1 small can mushrooms (pieces and  
stems drained)  
2 tsp. monosodium glutamate  
1/4 c. fine bread crumbs  
1/4 c. sliced blanched almonds

Cook broccoli as directed on package. Drain. Arrange in bottom of 2 quart casserole. Saute onion in butter - add soup, cheese, mushroom and glutamate. Simmer and stir until cheese is melted and ingredients are well blended. Pour over broccoli - sprinkle with bread crumbs and nuts. Bake uncovered at 300 degrees 15 - 20 minutes.

## CREAMY CHEESE POTATOES

Ruth Fuik

1 1/4 c. milk  
1 (8 oz.) pkg. Philadelphia  
cream cheese (softened)  
1/2 tsp. instant onion

1/4 tsp. salt  
1 Tbsp. snipped chives  
4 c. cubed cooked potatoes

In saucepan, over low heat, blend cheese with milk (well). Stir in chives, onion and salt. Add cubed potatoes, stir carefully to coat. Bake in casserole at 350 degrees for 30 minutes.

## SLICED POTATOES IN FOIL FOR BUSY PEOPLE Eula McGuire

Slice potatoes very thin (as many as you need). Take a large piece of aluminum foil and grease with butter, oleo or baking oil; arrange the potatoes on the piece of aluminum foil and season with salt and pepper. Dot with a generous amount of butter, oleo, or baking oil. For a pleasant taste change you may season with other things you especially like, such as seasoned salt, minced onions, marjoram, rosemary, tarragon, or any seasonings which you might like with potatoes.

Bring all the edges of the foil together and seal. Place in an oven which has been heated to 350 degrees and bake 1 hour or until done. These potatoes give a pleasing taste cross of baked and fried potatoes. The bottoms are nice and brown and are also cooked without time consuming care.



Write extra recipes here:





# Bread, Rolls Pies and Pastry







If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Small amounts of left over corn may be added to pancake batter for variety.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.



## BREAD, ROLLS, PIES, PASTRY

### MERKS COFFEE CAKE

Betty Hosfeld

1/2 c. shortening	3/4 c. sugar
1 tsp. vanilla	3 eggs
2 c. sifted flour	1 tsp. salt
1 tsp. baking powder	1 tsp. baking soda
1/2 pt. or 1 c. commercial sour cream	

Cream shortening, sugar, vanilla - add eggs, one at a time, beating well after each egg. Sift dry ingredients together and add alternately with sour cream, beating after each addition. Spread 1/2 of mixture in 10 inch tube pan (angel) that has been greased and bottom lined with wax paper.

Cream together:

6 Tbsp. butter or oleo  
(softened)  
2 tsp. cinnamon

1 c. firmly packed brown sugar  
1 c. chopped nuts

Spread 1/2 of brown sugar mixture on mixture in pan, then spread remaining batter on top of brown sugar mixture, then sprinkle the remaining brown sugar mixture on top. Bake at 350 degrees for about 50 minutes, or until done.

### LOW CALORIE PANCAKES

Esther May Campbell

1 c. cottage cheese, sieved  
3 eggs  
1 c. skim milk

1/2 tsp. salt  
1/2 c. flour  
1/4 tsp. Sweet-10 (optional)

Grease pan first time only. Three-inch pancake = 18 calories.

### BISCUITS

Julia Lincoln

1 pkg. yeast  
3 tsp. baking powder  
1 tsp. soda  
3/4 c. fat  
5 c. flour (sift before measuring)

1/2 c. warm water  
3 tsp. sugar  
2 tsp. salt  
2 c. buttermilk (room temperature)

Dissolve yeast in water. Resift dry ingredients; cut in fat to consistency of corn meal. Mix in yeast and buttermilk well. Knead, roll and cut. Bake at 425 degrees for 10 - 15 minutes. Double wrap in plastic and freeze and rewarm in double boiler. Makes 4 dozen.



## PRIZE BAKING POWDER BISCUITS

Betty Hosfeld

2 c. sifted flour  
4 tsp. baking powder  
1 tsp. salt  
2/3 to 3/4 c. milk (for drop biscuits, increase milk to 1 cup)

2 tsp. sugar  
1/2 tsp. cream of tartar  
1/2 c. shortening

Sift dry ingredients and cut in shortening. Add milk all at once. Stir until dough follows fork. Turn dough onto floured surface. Knead gently 8 - 10 times. Roll out dough 1/2 to 1 inch thick. Cut with floured biscuit cutter. Place on ungreased baking sheet. Bake in a very hot oven (450 degrees) for 10 to 12 minutes. Makes 16 medium size biscuits.

## SIX WEEKS MUFFINS

Betty Hosfeld  
Bob Shick

1 (15 oz.) box raisin bran  
1 c. melted shortening  
3 c. sugar  
4 eggs, beaten

1 qt. buttermilk  
5 tsp. soda  
5 c. flour  
2 tsp. salt

Mix bran, sugar, flour, soda and salt in a very large bowl. Add beaten eggs, shortening and buttermilk and mix well. Store in covered container in refrigerator.

Preheat oven at 400 degrees. Bake 15 - 20 minutes. Fill tins 2/3 full. Batter will keep six weeks in refrigerator. May use Bran-Buds instead of raisin bran.

## POWDERED SUGAR PIE CRUST

Betty Hosfeld

2 c. sifted flour  
1 tsp. salt  
2 Tbsp. powdered sugar

2/3 c. lard, chilled  
1/3 c. plus 1 Tbsp. chilled milk  
1/4 tsp. lemon juice

Sift together flour, salt and sugar. With a pastry cutter, cut 1/2 of the lard until the mixture is mealy, then blend in the rest of the lard until the mixture looks the size of peas. Combine milk and lemon juice. Gradually add to mixture, tossing lightly with a fork. Put dough on large piece of wax paper. Fold paper around dough so that hands do not touch it. Quickly and gently work into a smooth pliable ball. Divide into two parts one slightly larger than the other.

Roll out large part to about 1/8 inch thickness. Roll from center, a short distance at a time. Place pastry in pie tin. Trim it (with kitchen scissors) so that there is about one inch overlapping edge of pan. Use as a filled or prebaked crust. Either way flute the



edges with thumb and forefinger. Bake in a hot (400 degree) oven until crust is golden brown.

### VINEGAR EGG PASTRY

Dorothy Rose

3 c. flour	1 tsp. salt
1 c. shortening	1 large egg
1 tsp. vinegar	1/2 c. cold water

Sift flour with salt. Beat egg, adding vinegar and water. Add liquids to flour mixture. Mix until blended. Place pastry on lightly floured board and knead 20 times.

This amount is enough for 4 large crusts. Keeps well for 2 weeks if refrigerated.

### PIE CRUST

Julia Lincoln

3 c. flour	1 1/2 tsp. salt
1 1/4 c. shortening	

Mix to consistency of corn meal, then add:

1 well beaten egg	6 Tbsp. vinegar
-------------------	-----------------

Mix well. Chill. Will keep in refrigerator at least three weeks or roll out into shells and freeze in double plastic bags. Makes three 9-inch double crust pie - or three 9-inch single shells.

### NEVER FAIL PIE CRUST

B. Burns

1 1/2 c. flour	1/4 c. ice water
1/2 c. shortening	

Blend flour and shortening until crumbly, then add ice water.

### QUICK ROLLS

Marie Cobler

2 pkg. yeast	1/4 c. sugar
1/2 c. lukewarm water	2 tsp. salt
1/2 c. milk	6 Tbsp. shortening
4 - 5 c. sifted flour	

Soften yeast in water. Scald milk and cool to lukewarm - add to yeast. Sift dry ingredients and cut in shortening. Stir in liquid gradually. Turn out on floured board. Knead gently. Roll out 1/4 inch thick. Cut and shape into parker house rolls; place on  
(Cont.)



greased baking sheet. Brush with butter. Cover, let rise in a warm place until doubled in size (about one hour). Bake in 425 degree oven approximately 15 minutes.

### QUICK ROLLS (1 1/4 Hours)

Barbara Needham

1 c. lukewarm buttermilk  
1/4 tsp. soda  
1 cake yeast  
1 tsp. baking powder

2 1/2 c. flour  
2 Tbsp. sugar  
3 rounded Tbsp. shortening  
1 tsp. salt

To lukewarm buttermilk add yeast, sugar and shortening; stir until dissolved. Add soda and mix well. Sift and add remaining ingredients. Knead 5 minutes. Let stand ten minutes. Make into rolls - place in pan and let rise 1 hour and 15 minutes. Bake at 425 degrees.

### DILL BREAD

Elizabeth Speiss

Dissolve 2 packages of yeast in 1/2 cup of warm water.

2 c. small curd cottage  
cheese, slightly warm  
2 Tbsp. minced onion  
1/2 tsp. soda  
2 Tbsp. butter

4 Tbsp. sugar  
4 Tbsp. dill seed  
2 tsp. salt  
2 unbeaten eggs

Add about 6 cups of flour (or enough to make stiff dough). Beat well after each addition of flour. Let rise in warm place covered, until double in size. Beat down and put in well greased loaf pans. Let rise double again. Bake 40 - 50 minutes. Take from oven, butter top and sprinkle with salt. Makes 3 loaves.

### HOMEMADE BREAD FOR A LARGE FAMILY

Margo Pizzo

5 lb. flour  
1/2 c. oil  
3 eggs

2 pkg. yeast  
2 Tbsp. sugar  
1 qt. water

Add yeast, water, oil and eggs to flour - knead until flour is all mixed. Let stand until double. Put in loaf pans - let stand again until double. Bake at 350 degrees for one hour. Makes 5 - 6 loaves.



## BUBBLE BREAD

Teresa Waggoner

1 c. scalded milk  
1 cake of yeast  
4 Tbsp. shortening  
2 Tbsp. sugar

2 beaten eggs  
1/2 tsp. salt  
3 1/4 c. flour

Bake in 350 degree oven for 35 - 45 minutes.

### Filling:

1 c. sugar  
4 Tbsp. butter

4 Tbsp. cinnamon  
1/2 c. chopped nuts

Let milk cool to lukewarm. Add yeast - stir until dissolved. Cream shortening and sugar then. Add beaten eggs and milk mixture. Add flour and salt to mixture. Cover and let rise 1 hour or until double in size. Knead down, making balls the size of walnuts. Dip in melted butter, then roll in cinnamon and sugar mixture - place in greased tube or bundt pan. (Makes 3 layers, sprinkling nuts between layers.)

Let rise one hour. Bake in 350 degree oven for 35 - 40 minutes.

P. S. Serve at Christmas time with cherries and pecan halves between balls.

## REFRIGERATOR ROLLS

Deloris Whiteman

2 pkg. dry yeast in 4 c. warm water

### Add:

1 c. sugar  
4 tsp. salt

6 c. flour

Beat with mixer 2 minutes. Add:

2 eggs

1/2 c. butter

Beat in remaining flour by hand. Mix with hands until firm. Will keep 5 days.

## REFRIGERATOR DOUGH

Betty Harris

1 c. lukewarm water  
1 pkg. yeast  
1 slightly beaten egg

1/4 c. sugar  
1 tsp. salt

(Cont.)



Stir into first:

2 Tbsp. cooking oil or very soft shortening

Add 3 1/4 to 4 cups of flour - stir and knead in. Serves 6 to 8. Bake in 425 degree oven for ten minutes.

### MONKEY BREAD

Beverly Sumner

2 cakes yeast

1 c. lukewarm water

1 c. Crisco

1 c. boiling water

3/4 c. sugar

1 1/2 tsp. salt

2 eggs

6 c. flour

Dissolve yeast in cup of lukewarm water. Pour cup of boiling water over sugar and Crisco - cool and mix with flour and beaten eggs. Let rise to double in size. Roll out any portion to 1/4 to 1/2 inch size - cut in various sizes, shapes. Dip in melted butter and lay in layers in tube pan. Let rise to double in size. Bake in 350 degree oven for one hour.

### EASY YEAST BREAD

Manine Wiseman

8 - 9 c. flour

4 c. water (warm)

4 Tbsp. shortening

1 Tbsp. salt (heaping)

5 - 6 Tbsp. sugar

1 pkg. dry yeast

Beat together with electric mixer all above named ingredients, along with 4 - 5 cups of flour. Continue mixing by hand, add flour to correct consistency. Let rise once. Pinch down and put in refrigerator. Use as needed. Will keep in refrigerator, approximately a week. Bake at 375 degrees. May be used for sweet rolls also.

### ALL-BRAN ROLLS

Irene Hicks

1 c. all bran cereal

1 c. boiling water

1/2 c. sugar

1 cake yeast

2 eggs (beaten)

1 c. bacon grease

2 tsp. salt

6 c. flour

1 c. lukewarm water

Pour boiling water over all bran and bacon grease. Stir until bran is dissolved. Cool to lukewarm. Dissolve yeast in 1 cup of lukewarm water, add with rest of ingredients to bran mixture. Put in bowl and let rise until double in bulk. Punch down - pat out on floured board and cut with biscuit cutter. Then fold into half,



pinching edges together. Put in pans and let rise again until doubled in size. Bake at 400 degrees for 15 - 20 minutes.

## CHRISTMAS NUT BREAD

Ann Friesen

3/4 c. butter  
3/4 c. sugar  
2 eggs  
1 tsp. baking powder  
2 c. flour

1/4 tsp. salt  
1 (4 oz.) jar maraschino cherries  
1/2 c. cherry juice  
1/2 c. nuts

Cream butter and sugar; add eggs. Sift together baking powder, flour, salt and add to batter. Add remaining ingredients, beating only until smooth. Bake in greased loaf pan one hour in 350 degree oven (preheated). May also be baked in small round cans approximately 1/2 hour.

## CRANBERRY NUT BREAD

Mildred Walden  
Ann Friesen

2 c. all purpose sifted flour  
1 1/2 tsp. double acting  
baking powder  
1 tsp. salt  
3/4 c. grated orange rind  
1/2 c. chopped nuts

1 to 2 c. fresh cranberries, coarsely  
chopped  
1 c. sugar  
1/2 tsp. soda  
1/4 c. shortening  
1 egg

Sift together flour, sugar, baking powder, soda and salt - cut in shortening until mixture resembles coarse corn meal. Combine orange juice and rind with well beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in chopped nuts and cranberries. Spoon into greased loaf pan (9 x 5 x 3 inches). Spread corners and sides slightly higher than center. Bake in moderate oven (350 degrees) about 1 hour until crust is golden brown and toothpick inserted comes out clean. Remove from pan; cool. Store overnight for easy slicing.

## DATE NUT BREAD

Peggy Wolfe

1 c. chopped dates  
1 c. boiling water

1 tsp. baking soda

Cool until lukewarm.

1 tsp. shortening  
1 c. sugar

1 egg

Cream. Sift together:

(Cont.)



2 c. flour

1/2 tsp. salt

Mix fruit mixture with creamed mixture, then flour. Add:

1 tsp. vanilla

1/2 c. nut meats

Use two well greased 1-pound coffee cans filling 1/2 full. Loaf pans may be used. Bake about one hour at 350 degrees. Save plastic lids to cans and use to store bread.

### PUMPKIN BREAD

Melba Wood  
Peggy Daniels  
Theresa Guilfoyle

1/2 tsp. salt

3 c. sugar

2 tsp. soda

1 tsp. cinnamon

1 tsp. nutmeg

3 1/2 c. flour

4 eggs

1 c. salad oil

2 c. pumpkin (No. 303 can)

1 c. nuts

Sift dry ingredients together. Mix salad oil, pumpkin and eggs together on low speed in the mixer. Add to dry ingredients and combine. Fold in nuts. Makes four (1 pound) coffee cans. Grease and flour the coffee cans. Fill cans 1/2 full. Bake 1 hour at 350 degrees. Turn out on a rack to cool.

### BANANA NUT BREAD

Irene Hicks - Phyllis Perrigo  
Norma Asbury - Thelma Shealey

1/2 c. shortening

2 eggs

1 tsp. baking soda

3 large, ripe bananas,  
mashed

1/2 c. chopped pecans or walnuts

1 tsp. vanilla

1 c. sugar

2 c. sifted flour

1/4 tsp. salt

Cream shortening and sugar until fluffy; add eggs, one at a time, beating well after each addition. Sift flour, soda and salt onto waxed paper - stir quickly into creamed mixture just until blended, stir in mashed bananas, nuts and vanilla. Pour into greased loaf pan (9 x 5 x 3 inches) and bake at 350 degrees for one hour. Cool five minutes, then turn out onto wire rack and cool completely.

### PERKY PEACH PIE

Martha A. Cole

Tart Shells:

2 c. sifted flour

3/4 c. shortening



1 tsp. salt  
5 Tbsp. cold water

2/3 c. Quaker or Mother's oats

### Peach Filling:

5 c. sliced fresh or frozen  
peaches, drained  
1 Tbsp. cornstarch

2/3 c. sugar  
1 tsp. grated lemon rind  
1/2 c. water

For tart shells, cut out six inch circles from aluminum foil. Sift together flour and salt into mixing bowl. Cut in shortening until mixture resembles coarse crumbs. Stir in oats. Sprinkle water by tablespoonfuls over mixture; stir lightly with fork until just dampened. (If necessary, add another tablespoon of cold water to make dough hold together, form into ball).

Turn out on lightly floured board or canvas. Roll out to 1/8 inch thickness, place cut aluminum foil circles on pastry; cut around circles of foil, invert so pastry is on top. Prick with fork - shape to form shells, molding both pastry and foil.

Bake on ungreased cookie sheet in preheated hot oven (425 degrees) about 15 minutes; cool. Remove foil.

For peach filling, sprinkle 4 cups of the peaches with lemon juice, combine remaining 1 cup of peaches, cornstarch, sugar, grated lemon rind and water in medium sized saucepan. Cook over medium heat until thickened, stirring constantly. Reduce heat to low and cook about 5 minutes; cool slightly. Place uncooked peach slices in cooled tart shells; pour peach glaze over peach slices. Makes 6 tarts.

### FRENCH CHERRY PIE

Shirley Booe

Crust: Beat stiff, 3 egg whites, fold in --

1 c. sugar  
1 tsp. vinegar  
1/2 c. chopped nuts

12 crushed soda crackers  
1 tsp. vanilla  
1 tsp. baking powder

Pour into bottom of well greased pie pan - bake for 20 minutes at 350 degrees. Let cool.

Cream these three ingredients:

1 small pkg. Philadelphia  
cream cheese

1/2 c. powdered sugar  
1 tsp. vanilla

Add to 1/2 pint of partially whipped cream, continue to mix until stiff and pour onto crust. Top with:

(Cont.)



1 can prepared cherry pie filling

Pour cherry filling all around and on the top. Chill 5 hours or overnight.

### FUDGE CREAM PIE

Betty L. New

1  $\frac{1}{3}$  c. sugar  
1/4 c. flour  
1/4 c. cocoa  
1/2 c. nuts

1  $\frac{2}{3}$  c. canned milk  
3 egg yolks, beaten  
2 Tbsp. butter  
1  $\frac{1}{2}$  tsp. vanilla

Sift together flour, cocoa and sugar. Gradually stir in milk. Cook and stir over medium heat until mixture thickens and boils. Reduce heat; cook and stir 4 minutes. Add beaten egg yolks - cook 1 to 3 minutes until mixture is very thick. Remove from heat; add butter and vanilla. Cool - pour into pie shell, top with nuts.

### CHOCOLATE PIE (No Cook)

Deloris Whiteman

Bake crust.

3 sticks butter (1  $\frac{1}{2}$  c.)

2  $\frac{1}{4}$  c. sugar

Beat 4 - 5 minutes.

3 melted bitter chocolates  
3 tsp. vanilla

3 eggs

Beat 5 minutes.

3 eggs

Beat 5 minutes. Place in crust. Chill it. Makes 2 pies.

### SOUTHERN PECAN PIE

Molly Price

1 9-inch unbaked pastry shell  
2/3 c. sugar  
1 c. pecan halves

1/2 c. melted butter or oleo  
3 eggs  
1 c. dark corn syrup

Prepare pastry shell. Heat oven to 350 degrees. In medium sized bowl combine eggs, sugar, corn syrup and pecans. Pour into pastry shell. Bake 50 - 55 minutes, or until knife inserted into center comes out clean. Serve slightly warm.



## RITZ CRACKER PIE

Fern Gulick

2 c. water  
2 tsp. cream of tartar  
1 1/2 c. sugar

21 Ritz crackers (no more - no less)

Boil together rapidly water, sugar and cream of tartar for 2 minutes. Reduce heat and drop in Ritz crackers and boil 2 minutes more. Push crackers down in syrup being careful not to break them. Add filling to a baked pie shell and dot with butter and sprinkle with:

1/2 tsp. cinnamon

1/2 tsp. nutmeg

Cool and serve. Tastes like a fresh apple pie.

## FRUIT SALAD PIE

Betty Harris

1 can fruit cocktail  
5 Tbsp. cornstarch  
1/2 pkg. jello (strawberry or cherry)

1 banana  
lump of butter  
1/2 c. sugar

Drain cocktail and thicken juice with cornstarch. Add sugar, jello and butter. Stir until dissolved. Add fruit and cool.

## FLUFFY MERINGUE

1/2 c. sugar  
dash of salt

1/4 c. water  
1/8 tsp. cream of tartar

Cook to thread stage.  
Gradually pour over:

2 stiffly beaten egg whites

Beat until mixture holds shape - add flavoring. Use a baked crust.

## SOUR CREAM APPLE PIE

Betty Harris

1 tsp. cinnamon  
4 Tbsp. flour

3/4 c. sugar  
3 - 4 Tbsp. butter or oleo

Mix all until crumbly. Pile on apples (cut into quarters) into an unbaked 9-inch pie shell.

Top with -

(Cont.)



1/2 c. sour cream

Bake 1/2 hour at 400 degrees, then for 1/2 hour at 350 degrees.

DATE    PIE

Irene Gilbert

2 eggs

1 c. sugar

1/3 c. butter (soft)

1/2 c. nuts

1/2 c. milk

1/2 tsp. vanilla

1 c. chopped dates

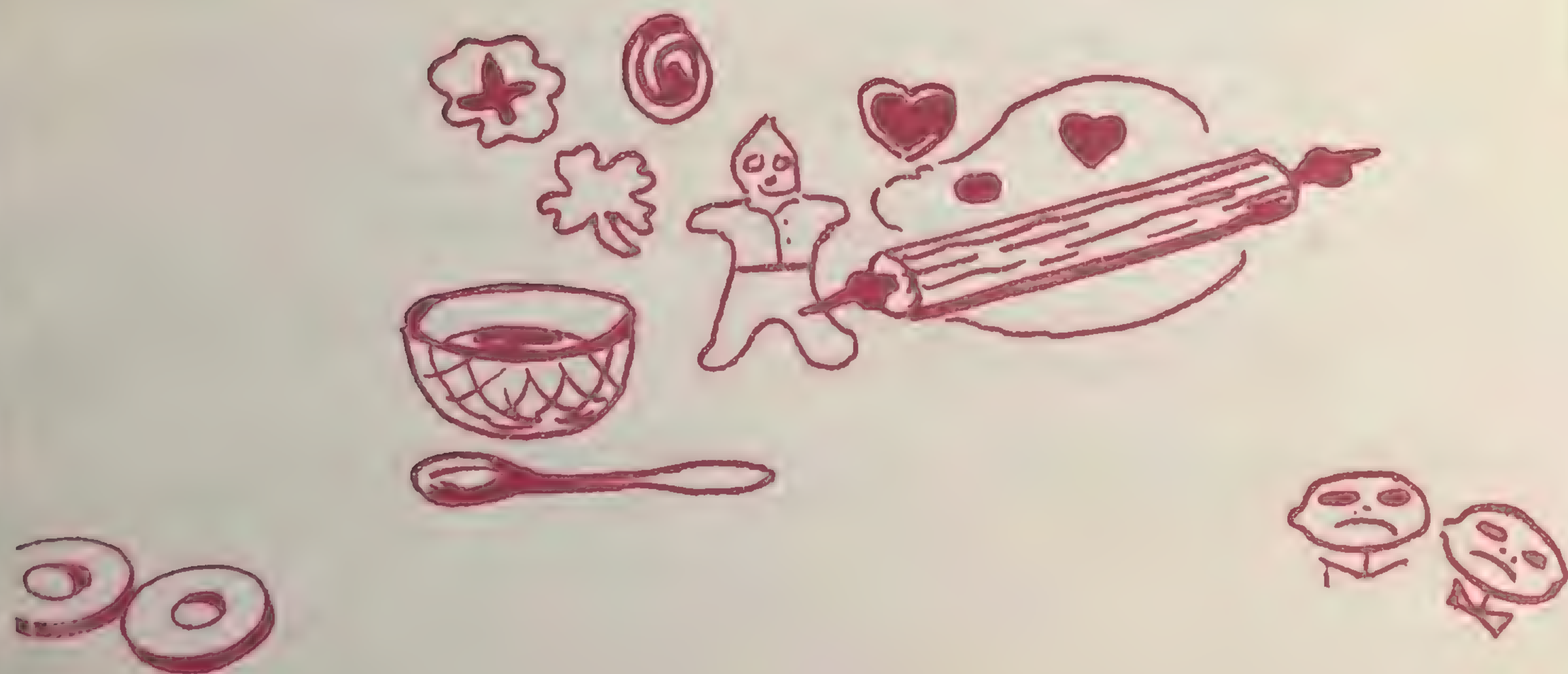
Separate eggs and mix yolks with all other ingredients. Fold in stiffly beaten egg whites and bake in unbaked pie shell for 50 minutes in preheated 350 degree oven.

Write extra recipes here:





# Cakes, Cookies, and Icings





# Worth Remembering

- ▲ A pie crust will be more easily made and better if all the ingredients are cool.
- ▲ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ▲ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ▲ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ▲ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ▲ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ▲ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ▲ Cakes should not be frosted until thoroughly cool.
- ▲ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.



## CAKES, COOKIES, AND ICINGS

### RHUBARB CAKE

Agnes Bruggeman

1 1/2 c. rhubarb (finely  
cut)  
1 1/2 c. brown sugar  
1/2 c. shortening or butter  
1 egg

1 c. milk (sour) or buttermilk  
2 c. flour (sifted)  
1 tsp. baking soda  
1/2 tsp. salt  
1 tsp. vanilla

Blend sugar and shortening together; add eggs, milk and mix. Sift together flour, salt and soda and add to wet ingredients. Add vanilla and blend. Mix in by hand the rhubarb. Pour into oblong pan and put on top of mixture:

1/2 c. sugar

1 or 2 tsp. cinnamon

Bake at 375 degrees for 30 to 35 minutes, or until done. You can add a little cinnamon and nutmeg to the cake.

### EASY BANANA CAKE

Frances Biddle

1 1/2 c. sugar  
1/2 c. butter or shortening  
2 eggs  
1 tsp. vanilla  
3 mashed bananas (ripe)

1/3 c. buttermilk  
2 c. flour  
1 tsp. soda  
1/2 c. nuts (if desired)

Cream butter and sugar. Add beaten eggs and blend well. Add vanilla and stir in bananas. Sift soda with flour and add alternately with buttermilk. Add nuts and pour into greased pan. Bake for 25 - 30 minutes at 350 degrees. (If desired, use favorite white icing.)

### HOLIDAY GUMDROP CAKE

Marjorie Finley

1 c. butter  
1 tsp. cinnamon  
1 1/2 c. applesauce  
1 tsp. soda dissolved in  
warm water  
1 1/2 lb. gumdrops  
1/4 tsp. salt

2 eggs  
1/4 tsp. nutmeg  
2 c. sugar  
4 c. flour  
1 c. nuts  
1 tsp. vanilla  
1 c. white raisins or dates

Cream butter and sugar until light. Add slightly beaten eggs. Mix spices and salt with flour and sift several times. Mix applesauce,  
(Cont.)



soda and vanilla together, then add alternately with flour to sugar, butter and egg mixture. Cut up gumdrops and raisins or dates and dredge with flour. Use just enough to keep fruit and gumdrops from sticking together. Add gumdrops and fruit along with the nuts to mixture and mix well. Bake in a greased loaf pan in a 325 degree oven for 1 1/2 hours.

## ORANGE SLICE CAKE

Lucile Fortner

1 c. butter  
4 eggs  
3 1/2 c. flour  
1 tsp. soda  
1/2 lb. dates  
1 c. nuts

2 c. sugar  
1 tsp. salt  
1 c. buttermilk  
1 lb. orange slices (candy),  
chopped fine  
1 c. coconut

Cream butter, sugar and eggs, one at a time. Add orange slices (that have been floured with 1/2 cup of flour), dates, nuts and coconut. Add 3 cups of flour, buttermilk, soda and salt. Bake two hours in angel food cake or large bundt pan at 325 degrees.

### Icing:

1/2 can frozen orange juice

1 c. powdered sugar

Can be wrapped in cloth soaked in apricot brandy.

## CHOCOLATE SHEET CAKE

Bernice Ingles  
Marie Tharp  
Lucile Fortner

Bake at 400 degrees for 20 minutes.

2 c. flour

2 c. white sugar

Sift flour and sugar into a large bowl. In a saucepan, put:

1 stick oleo  
1/2 c. shortening

4 Tbsp. cocoa  
1 c. cold water

Bring to a boil. Pour over flour and sugar mixture and mix well. Add:

1/2 c. buttermilk  
1 tsp. vanilla  
1 tsp. cinnamon

1/2 tsp. salt  
1 tsp. soda  
2 whole eggs

Mix well and pour into well greased cookie sheet, 15 1/2 x



10 1/2 x 1 inch. Five minutes before cake is done, combine and bring to a boil:

1 stick oleo  
4 Tbsp. cocoa

5 Tbsp. milk

Remove from fire and add:

1 tsp. vanilla  
1 c. nut meats

1 lb. box powdered sugar

Beat until smooth and spread over cake while hot.

## APPLE CAKE

Juanita Tippit

3/4 c. margarine or butter  
1 1/2 c. sugar  
3 eggs, well beaten  
2 1/4 c. flour  
1 c. chopped raisins  
1 c. chopped nuts

1 1/2 tsp. soda  
1/4 tsp. salt  
1 1/2 tsp. cinnamon  
1 tsp. cloves  
3/4 c. cold coffee  
1 1/2 c. chopped raw apples

Cream butter and sugar; add eggs. Mix thoroughly. Sift flour, measure and sift with soda, salt and other spices - add alternately with coffee to first mixture. Add apples, raisins and nuts; mix thoroughly. Pour into well greased loaf pan. Bake at 375 degrees for 30 minutes. Stays fresh and moist for a long time.

Certainly is good.

## CHERRY CHOCOLATE CAKE

Thelma France

This cake improves with age like fruit cake.  
Combine:

1 regular size chocolate  
cake mix (Pillsbury red  
devil's food)  
1/4 tsp. baking soda

1 No. 303 can cherry pie filling  
2 eggs  
1/3 c. boiling water

Beat with mixer 2 minutes. Grease and flour two 9-inch pans or a 13 x 9 x 2 inch pan. Turn batter into pans and bake in 350 degree oven for 35 to 40 minutes. Remove from pan and let cool on cake rack. Frost with your favorite frosting.



## CRANBERRY SPICE CAKE

Kay Torres

1/2 c. shortening  
2 eggs, well beaten  
1 tsp. soda  
1/2 tsp. cloves  
1/2 c. raisins  
1 c. cranberry sauce

1 c. sugar  
2 c. cake flour  
1 tsp. cinnamon  
1/2 tsp. salt  
1/2 c. chopped nuts

Cream shortening and sugar until light; add beaten eggs and mix well. Sift dry ingredients together; add raisins and nuts. Add alternately with cranberry sauce to creamed mixture - bake in two greased and floured layer pans in a moderate oven (375 degrees) 25 to 30 minutes; cool. Put layers together with cranberry icing.

### Cranberry Icing:

1 1/2 c. sugar  
1/8 tsp. cream of tartar

1/2 c. cranberry sauce  
2 stiffly beaten egg whites

Boil sugar, cream of tartar and cranberry sauce to the soft ball stage (238 degrees). Pour slowly onto stiffly beaten egg whites, beating constantly until icing holds its shape. Spread between and on top of layers.

## LEMON JELLO CAKE

Nellie Shaw

Dissolve 1 package of lemon jello (any flavor jello you want can be used) in 1 cup of boiling water. Let cool. In mixer bowl, combine:

1 pkg. lemon or white  
cake mix  
4 eggs

1 c. salad oil  
1 Tbsp. lemon extract

Mix 4 minutes at medium speed, add lemon jello and beat again. Bake in 9 x 13 inch pan or angel food pan for 30 - 35 minutes at 350 degrees.

### Glaze: Mix --

1 c. powdered sugar  
1 Tbsp. lemon extract

6 Tbsp. milk

Remove cake from oven; with a toothpick or fork, punch holes all over cake. Pour mixture over cake while hot. Leave in pan and set on rack to cool. If desired, may top with whip cream.



## LAZY DAISY OATMEAL CAKE

Carolyn Vardy  
Fern Gulick  
Maxine Bowman

### Cake:

1 1/4 c. boiling water  
1 c. Quaker's or Mother's  
oats (quick or old fash-  
ioned, uncooked)  
1/2 c. butter, softened  
1 c. granulated sugar  
1 c. firmly-packed brown  
sugar

1 tsp. vanilla  
2 eggs  
1 1/2 c. sifted flour  
1 tsp. soda  
1/2 tsp. salt  
3/4 tsp. cinnamon  
1/2 tsp. nutmeg

### Lazy Daisy Frosting:

1/4 c. butter, melted  
1/2 c. firmly-packed brown  
sugar

1/2 c. chopped nut meats  
3/4 c. shredded or flaked coconut  
3 Tbsp. half and half or light cream

For cake, pour boiling water over oats; cover and let stand 20 minutes. Beat butter until creamy; gradually add sugars, beating until fluffy. Blend in vanilla and eggs. Add oat mixture; mix well. Sift together flour, soda, salt, cinnamon and nutmeg. Add to creamed mixture, mixing well. Pour batter into well greased and floured 9 inch square pan. Bake in preheated moderate oven (350 degrees) for 50 to 55 minutes. Do not remove cake from pan.

For Frosting, combine all ingredients. Spread evenly over cake. Broil until frosting becomes bubbly. Serve warm or cold. Makes one 9-inch cake.

## CARROT CAKE

Elizabeth Hogan  
La Vana Wallace  
Kathleen Black

2 c. flour  
2 tsp. soda  
4 eggs  
3 c. grated carrots

2 c. sugar  
2 tsp. cinnamon  
1 1/2 c. Crisco oil  
1 tsp. vanilla

Mix all dry ingredients together. Add oil, eggs and vanilla and blend well. Add carrots. Bake in three 9-inch pans at 350 degrees for 30 to 40 minutes.

### Frosting:

1 large pkg. cream cheese

1 stick butter or oleo

(Cont.)



1 tsp. vanilla  
1 box powdered sugar

1 c. chopped nuts (may omit if  
you wish)

Cream cheese and butter.  
Add milk if necessary to spread.

Add sugar, vanilla and pecans.

## PRUNE-NUT CAKE

Alice Tuterl

1 1/2 c. sugar  
3/4 c. salad oil  
1 c. buttermilk  
2 c. flour  
1 tsp. salt  
1 tsp. cinnamon  
1 tsp. soda

1/2 tsp. allspice  
1/2 tsp. nutmeg  
3 well beaten eggs  
1 tsp. vanilla  
1 c. diced prunes  
1 c. nuts

Mix above ingredients well and bake in 9 x 13 inch pan at  
350 degrees for 40 minutes. Remove pan from oven and pour the  
following mixture over cake:

1/2 c. buttermilk  
1 c. sugar

1/2 tsp. soda  
2 Tbsp. butter

Return to oven and bake 7 minutes more.

## RAISIN CAKE

Hazel Brook

3 c. stewed raisins  
1 1/2 tsp. soda  
1 egg  
1 c. sugar  
1/2 c. shortening

1 c. liquid raisins were cooked in  
2 1/2 c. flour  
2 tsp. cinnamon  
2 tsp. nutmeg  
1/2 c. nuts

Cream shortening, sugar and egg until smooth. Sift flour  
and soda and spices - alternate cooled raisin liquid and flour, mixing  
thoroughly after each addition. Add raisins and nuts and mix in. Bake  
in 325 degree oven about an hour or until cake springs back from  
touch.

## FRUIT COCKTAIL CAKE

Bonnie Bradley

Sift together:

2 c. flour  
1 1/2 tsp. soda

1/4 tsp. salt

Combine:



1 1/2 c. sugar  
2 beaten eggs

1 #303 can fruit cocktail  
(undrained)

Stir together. Pour into greased and floured pan 11 x 16 inches and bake at 350 degrees for 40 minutes.

Icing:

1 tall can Pet milk  
1 cube butter or oleo

1 tsp. vanilla  
1 1/2 c. sugar

Boil until cake is done, pour over cake while hot - sprinkle with nuts.

## YELLOW BUNDT CAKE

Shirley Booe

Grease Bundt pan generously with Crisco and sprinkle with 1/4 cup of chopped nuts. Mix in order given:

1 pkg. yellow cake mix  
(butter brickle may be used)  
1 small pkg. vanilla instant  
pudding  
3/4 c. water

3/4 c. liquid shortening  
4 eggs, not beaten  
1 tsp. vanilla extract  
1 tsp. butter extract

Beat well after each egg is added, then beat 6 - 8 minutes at high speed. Layer batter in thirds with filler in between (do not put all filler on top!).

Filler:

1/4 c. sugar  
2 tsp. cinnamon

1/4 c. chopped nuts

Bake 40 - 50 minutes in 350 degree oven. Remove from oven and place pan on cooling rack for exactly 8 minutes. Turn out on plate and glaze while warm.

Glaze (to be brushed on cake):

1 c. powdered sugar  
3 Tbsp. milk

1/2 tsp. vanilla  
1/2 tsp. butter extract

## COCONUT FUDGE CAKE

Irene Wilson  
Parsons, Kansas

Filling:

(Cont.)



1/4 c. sugar  
1 tsp. vanilla  
8 oz. pkg. cream cheese,  
softened

1 egg  
1/2 c. flake coconut  
6 oz. Nestle's chocolate pieces

Mix filling and set aside.

Beat sugar, vanilla, cream cheese and egg until smooth. Stir in coconut and chocolate pieces.

2 c. sugar  
1 c. cooking oil  
2 eggs  
3 c. flour  
3/4 c. cocoa  
2 tsp. soda

1 1/2 tsp. salt  
1 c. hot coffee  
1 c. buttermilk  
2 tsp. baking powder  
1/2 c. chopped nuts

Generously grease and flour bundt pan. In large mixer bowl combine sugar, oil and eggs; beat one minute at high speed. Add remaining ingredients (except filling), beat 3 minutes at medium speed. By hand, stir in the nuts. Pour 1/2 of batter into pan, carefully spoon prepared filling over batter, top with remaining batter. Bake at 350 degrees for 70 to 75 minutes. Cool upright 15 minutes. Remove from pan.

Cool completely, drizzle with glaze made by combining:

1 c. powdered sugar  
3 Tbsp. cocoa  
2 Tbsp. butter

2 tsp. vanilla  
1 to 3 Tbsp. hot water

\*No need to sift flour, measure by lightly spooning into cup and leveling off.

## CHOCOLATE COOKIES

Dorothy McChristy

1 box cake mix (chocolate)

Reduce the liquid called for 1/2. Add 2 tablespoons of oil or shortening. Bake in waffle iron. Frost for cookies or leave unfrosted. Serve warm with fruit or ice cream for dessert.

## APPLE MACAROONS

M. Overton

3 c. peeled, sliced apples  
1 c. sugar  
1/2 tsp. cinnamon  
1 Tbsp. shortening

1 egg, beaten  
1/2 c. flour  
1/2 tsp. baking powder  
1/4 tsp. salt



Slice apples very thin, place in a greased 8 inch pie pan. Sprinkle with half of the sugar and the cinnamon. Cream together the shortening and remaining sugar, add egg, then the sifted dry ingredients. Spoon over apples and bake at 375 degrees for 30 minutes.

### ORANGE SLICES COOKIES

Juanita Rowe

2 1/4 c. brown sugar  
2 1/2 c. flour  
4 eggs, well beaten  
1/4 tsp. baking powder

17 to 20 orange slices, cut into  
small bits  
1 c. nuts

Add brown sugar to beaten eggs. Add flour and baking powder mix. Add orange slices and nuts. Spread thin as possible on greased cookie sheet. Bake at 350 degrees, cut while still warm into bars.

### FORGET-'EM COOKIES

Naomi Stewart

2 eggs  
1 (6 oz.) pkg. chocolate  
chips  
1/8 tsp. salt

3/4 c. sugar  
1/2 tsp. vanilla  
1 c. chopped nuts (pecans)

Heat oven to 350 degrees.

Line two cookie sheets with brown paper. Beat egg whites until stiff. Continue beating while gradually adding sugar. Fold in remaining ingredients.

Drop by teaspoonfuls onto paper lined pans. Pop cookie sheets into oven - turn oven OFF and go to bed. Makes 48.

### MAGIC COOKIE BAR

Myrtle Smith

Pour onto bottom of 13 x 9 inch pan:

1 stick melted butter or margarine

Sprinkle with:

1 1/2 c. graham cracker crumbs

Then sprinkle with 1 cup of chopped nuts. Scatter over nuts:

1 (6 oz.) pkg. chocolate chips

Sprinkle 1 1/3 cups of flaked coconut over chips. Pour 1 can  
(Cont.)



of sweetened condensed milk evenly over coconut. Bake in moderate oven (350 degrees) 25 minutes. Cool in pans 15 minutes. Cut into bars.

## UNBAKED COOKIES

Agnes Bruggeman

2 c. sugar  
1 stick margarine

1/4 c. cocoa  
1/2 c. milk

Bring to boil for one minute. Remove from fire and add pinch of salt. Stir in:

1/2 c. crunchy peanut butter  
3 c. quick oats

1 tsp. vanilla

Blend and drop by teaspoon on wax paper to cool.

## CHOCO-NUT COOKIES

Waynona Jones

1 1/4 c. brown sugar,  
firmly packed  
1/2 c. shortening  
1 egg, unbeaten  
1 1/2 c. sifted all purpose  
flour  
1/2 tsp. salt

1/2 tsp. soda  
1/4 c. milk  
1 1/2 c. rolled oats  
1/2 c. chopped nuts  
1 (6 oz.) pkg. semi-sweet  
chocolate bits

Cream sugar, shortening and egg until fluffy. Sift together flour, salt and soda; add alternately with milk to creamed mixture. Stir in rolled oats, nuts and chocolate. Drop by teaspoonfuls onto greased cookie sheet and bake at 350 degrees for 10 to 12 minutes or until done. Makes 4 to 5 dozen tender, flavor rich cookies.

## SOUR CREAM COOKIES

Agnes Bruggeman

1/2 c. butter or oleo  
1 1/2 c. brown sugar  
2 eggs  
1 tsp. vanilla  
3 c. sifted flour

1 tsp. soda  
1/2 tsp. baking powder  
1/4 tsp. salt  
1 c. sour cream  
1/2 c. chopped nuts

Cream well butter or oleo, brown sugar and eggs. Sift together dry ingredients and add to mixture alternating with cream. Add vanilla and nuts. Drop by teaspoons on greased cookie sheet. Bake at 350 degrees for 12 minutes.



## CEREAL COOKIE POEM

Garnet Wellever

If it's cookies or candy you're wanting to eat  
Perhaps just anything - so it's a bit sweet,  
You go to the kitchen and find a pan  
And fix up a dish that's fit for a man.  
You measure the sugar, 2/3's cup it should be  
And in the cup 2/3 syrup you should see.  
Just mix it and stir it and bring to a boil.  
It is really so easy - very little to toil.  
The cup should be full of peanut butter do add,  
To the syrup blend, it's not a bit bad.  
Last, but not least, the K cereal does come,  
Four cups added and that's the sum.

(If you wish chocolate - when taken off stove, before adding peanut butter, add 1 square of chocolate or 1/2 square of German chocolate - may use corn flakes or other cereal.)

## FRUIT COCKTAIL COOKIES

Martha Mitcheuer

Cream thoroughly:

1 c. shortening	1/2 c. sugar
1 c. brown sugar	

Add following to creamed mixture:

3 eggs, beaten	1 c. nuts
1 c. raisins	1 tsp. vanilla
1 lb. can fruit cocktail, drained	

Mix well. Sift following together:

4 c. flour	1 tsp. salt
1 tsp. cinnamon	1 tsp. cloves
1 tsp. soda	1 Tbsp. baking powder

Add dry ingredients and mix well. Drop on cookie sheet and bake in 375 degree oven.

Agnes Bruggeman

## GOOD COOKIES

Blend together:

1 c. butter	2 c. sugar
-------------	------------

(Cont.)



Add to mixture and blend:

3 eggs  
3 tsp. baking powder  
1 c. milk

1 tsp. soda  
1 tsp. vanilla

Add enough flour to make a soft dough, and blend well.  
Drop from teaspoon on cookie sheet. Bake at 375 degrees for 10 to 12 minutes.

## CHOCOLATE-NUT COOKIES

Leona Scott

1/2 c. butter or oleo  
1 c. sugar  
2 oz. bitter chocolate  
2 eggs  
2 c. flour

2 tsp. baking powder  
1/2 tsp. salt  
1 Tbsp. milk  
1 tsp. vanilla  
1/2 c. chopped nuts

Cream oleo and add sugar gradually, blending well. Melt chocolate and blend into creamed mixture. Add eggs and beat well. Add milk and vanilla and mix thoroughly. Stir in nuts. Knead dough on floured board until it is stiff enough to roll out. You may need a little extra flour.

Roll out to 1/4 inch thickness and cut as desired. Sprinkle with sugar.

Bake on greased cookie sheet in preheated 400 degree oven for 15 minutes.

## PEANUT BUTTER CRISSCROSSES

Gladys Buell

1 c. shortening  
1 c. sugar  
1 c. brown sugar  
1 tsp. vanilla  
2 beaten eggs

1 c. peanut butter  
3 c. sifted flour  
2 tsp. soda  
dash of salt

Thoroughly cream shortening, sugar and vanilla. Add eggs; beat thoroughly - stir in peanut butter. Sift dry ingredients. Stir into creamed mixture.

Form into tiny balls, place on ungreased cookie sheet. Press with back of fork to make a crisscross. Dough may also be rolled and cut if desired.

Bake in moderate oven (375 degrees) 10 minutes. Makes 8 dozen cookies.



## BUTTERSCOTCH BARS

Erma Stone

1 stick oleo  
2 c. brown sugar, packed  
2 eggs  
2 c. flour

1/4 tsp. salt  
2 tsp. baking powder  
1 tsp. vanilla  
1 c. coconut

Melt butter. Stir in brown sugar. Slowly heat until bubbly. Stir occasionally and cool. Add one egg at a time. Add flour, coconut and vanilla.

Pour in 9 x 13 inch pan. Bake for 25 or 30 minutes at 350 degrees.

## PUMPKIN NUT COOKIES

Mildred Walden

1/4 c. shortening  
1/2 c. sugar  
1 egg, beaten  
1/2 c. cooked pumpkin  
1 c. sifted all purpose flour  
1/2 c. raisins

1/2 c. chopped nuts  
1/2 tsp. salt  
1 1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
1/8 tsp. ginger  
2 tsp. baking powder

Cream shortening; add sugar gradually until light and fluffy. Add egg and pumpkin; mix well. Sift flour, baking powder, salt and spices together. Stir in dry ingredients and mix. Add raisins and nuts.

Drop by teaspoon on greased cookie sheet. Bake at 350 degrees for 15 minutes.

Makes two dozen.

## MINNESOTA HARVEST BARS

Evelyn Michael

1/4 c. butter or oleo  
2 eggs  
2/3 c. pumpkin

1 c. brown sugar  
1 tsp. vanilla

Cream all ingredients except pumpkin, then add pumpkin. Set aside until later.

1/2 c. chopped nuts, dredged  
in 2 Tbsp. flour

1/2 c. dates (cut up fine)

Sift the following together and add to first mixture:

1/2 c. flour  
1/2 tsp. cinnamon

1/2 tsp. salt  
1/2 tsp. baking powder

(Cont.)



1/2 tsp. nutmeg

1/4 tsp. soda

Fold in dates and nuts last. Bake in greased and floured 9 x 9 inch pan in oven at 350 degrees. May be frosted with whipped cream or a powdered sugar icing.

### RAISIN SPREAD BAR

Marie Roper

Theresa Guilfoyle

1/2 c. shortening

1 c. sugar

1 egg

2 c. flour

1 c. raisins (cooked)

3/4 c. raisin water

1/2 tsp. soda

1 tsp. baking powder

1/2 tsp. salt

1 tsp. cinnamon

1 tsp. nutmeg

1 tsp. pumpkin pie spice

1 c. nuts

Cream sugar and shortening; add egg and beat. Beat in sifted dry ingredients alternately with raisin water. Add raisins and nuts. Spread in greased and lightly floured pan. Bake at 350 degrees until brown.

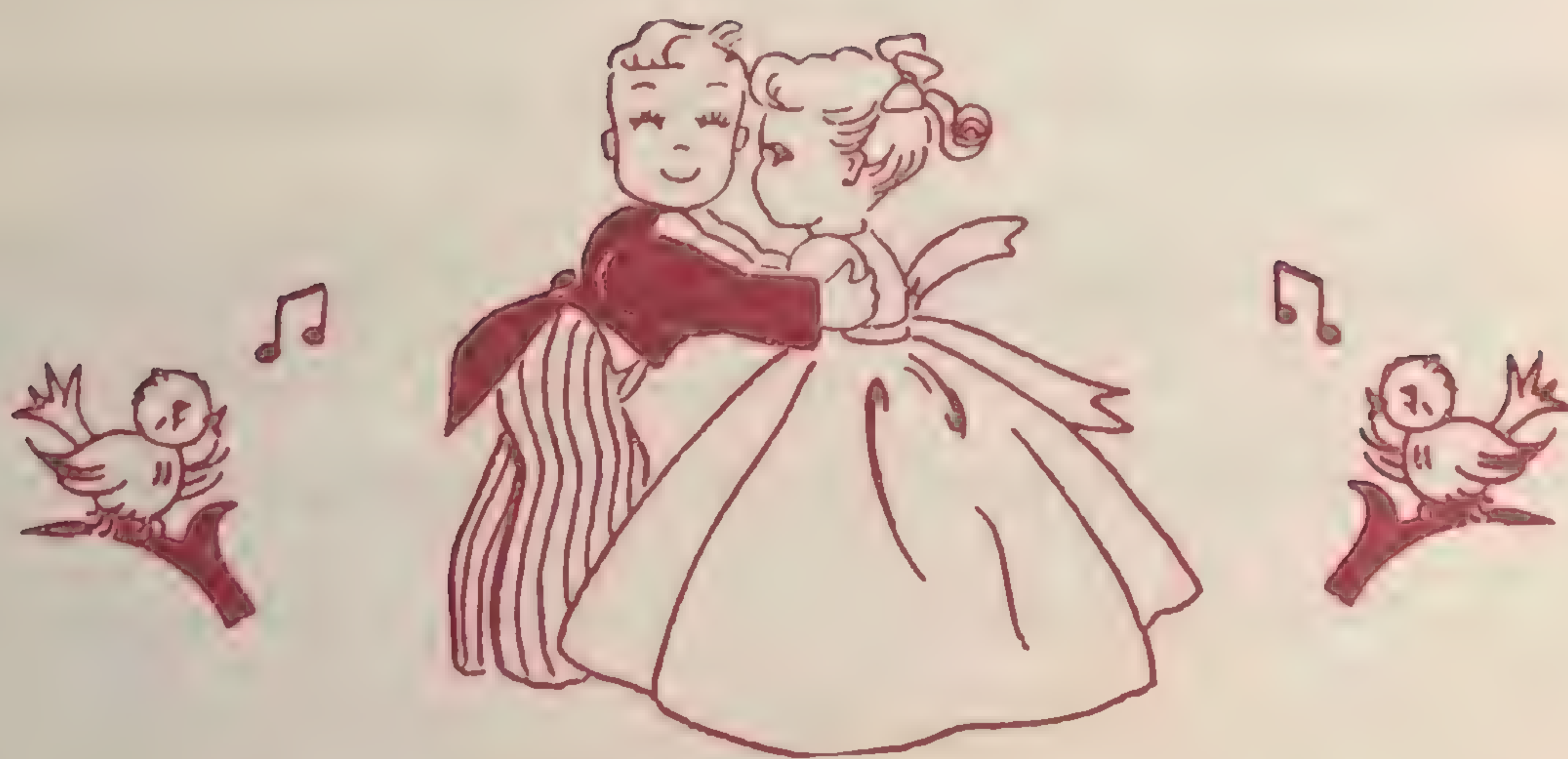
Frost or sprinkle with powdered sugar when taken from oven. Cut into 1 1/2 inch bars.

Write extra recipes here:





# Desserts







Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

To keep handkerchiefs, socks or other small pieces from wrapping around washing machine wringers, fold them inside towel and run through.

To whiten laces, wash them in sour milk.

To preserve left-over egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothes pin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.



## DESSERTS

### MARSHMALLOW ROLL

Ann Friesen

1/2 c. sweetened condensed milk	whipping cream
1/4 c. water	1/2 c. chopped nuts
1/2 lb. marshmallows	1/2 c. finely chopped dates
	2 1/2 c. graham cracker crumbs

Cut approximately 32 regular size marshmallows into quarters; crush about 30 graham crackers into fine crumbs. Combine condensed milk with water in medium size mixing bowl; blend well. Stir in remaining ingredients except whipping cream. Shape into a roll about three inches thick and six inches long. Wrap and refrigerate at least 12 hours.

Cut roll into 10 equal slices. Serve with whipped cream.

### FROSTY STRAWBERRY SQUARES

L. Alexander

2 c. sifted flour	1 c. oleo
1/2 c. brown sugar	1 c. finely chopped nuts

Mix - spread evenly in shallow baking dish. Bake at 325 degrees for 20 minutes. Take out and stir - bake for 10 more minutes - stir - bake for 5 minutes and set aside to cool. Then put about 3/4 of mixture in large pan. Prepare 2 envelopes of Dream Whip - set aside and refrigerate.

In bowl, beat 6 egg whites until almost stiff. Add 1 1/4 cups of sugar; beat until fluffy. Add:

2 (10 oz.) boxes of frozen strawberries, partially thawed	2 Tbsp. lemon juice
---	---------------------

Beat until stiff. Fold into Dream Whip and spoon out over crumb mixture. Top with crumbs. Freeze ahead. May trim with topping. Serve frozen.

### ORANGE AMBROSIA

Thelma Shealey

1 pkg. orange jello	1/2 c. orange juice
1 c. boiling water	1 tsp. grated orange rind
1/3 c. sugar	

Mix together - chill to consistency of unbeaten egg white.

1 c. cold water	1 c. dry milk
-----------------	---------------

(Cont.)



Whip cold water and dry milk until stiff. Add 2 tablespoons of lemon juice.

16 graham crackers  
1/4 c. melted butter

1/4 c. sugar

Mash crackers - add butter and sugar and line bottom of square pan. Beat together jello mixture and whipped milk. Pour over cracker mixture - chill until set.

### PINEAPPLE CLUB DESSERT

Jean Humphries

1 1/4 c. graham cracker  
crumbs  
1/3 c. milk  
1 (10 oz.) pkg. miniature  
marshmallows

1 (13 1/2 oz.) can crushed pine-  
apple (well drained)  
1/2 tsp. pineapple flavoring  
2 c. whipping cream  
1/2 c. chopped nuts

Line a 9 x 13 inch pan with 1 cup of crumbs. Heat milk in top of double boiler - add marshmallows and stir until melted; cool. Whip cream, add pineapple flavoring, nuts to cold marshmallow mixture. Mix lightly and pour over crumbs. Sprinkle with remaining crumbs and refrigerate several hours. May be tinted using your choice of food coloring.

### PINEAPPLE DELIGHT

Diana Dee Cramer

1 (24 oz.) carton cottage  
cheese  
1 (20 oz.) can crushed pine-  
apple

1 (10 1/2 oz.) carton Cool Whip  
1 (3 oz.) lime jello

Chill and drain pineapple. Combine cottage cheese, pineapple and Cool Whip in large bowl. Sprinkle dry gelatin over ingredients; blend. Spoon onto serving dish. May be served immediately.

### STRAWBERRY ANGEL DREAM

Delberta Crumm

1 (16 oz.) box frozen straw-  
berries (sliced and sweetened)  
1 (3 oz.) box strawberry jello  
1 c. boiling water

1 small angel food cake (uniced)  
1 pkg. Dream Whip (fix according  
to directions on envelope)

Dissolve jello in boiling water. Place frozen strawberries in jello. Stir until berries are thawed and this is real thick. Tear



angel cake in pieces. Place pieces in jello and berries; stir well. Pour into a 9 inch square pan or 12 x 8 inch baking dish - let set in refrigerator.

When well set, whip Dream Whip according to directions on envelope and pour this on jello and cake. Spread evenly over top.

## HAWAIIAN FLUFF

Wilberta English

1 lb. marshmallows  
1 1/2 c. buttermilk  
3 Tbsp. butter  
3 heaping Tbsp. flour

1 c. heavy cream  
3 Tbsp. pineapple juice  
2 cans pineapple tidbits (drained)  
1 c. nuts

Pour buttermilk over marshmallows and set in refrigerator overnight. Cook butter, flour, pineapple juice and cream until thick. Cool - pour over marshmallows. Add pineapple tidbits and nuts. Serves 12.

## APPLE DUMPLINGS

Martha Cole

2 c. sugar  
2 c. water  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 c. butter  
6 apples, peeled and cored

2 c. flour  
1 tsp. salt  
2 tsp. baking powder  
3/4 c. shortening  
1/2 c. milk

Make syrup of cinnamon, sugar, water, nutmeg and butter. Sift flour, salt, baking powder - cut in shortening; add milk all at once and stir until moistened. Roll 1/4 inch thick - cut in five inch squares.

Arrange apples on squares. Sprinkle with additional cinnamon, sugar and nutmeg. Dot with butter; fold corners to center, pinch edges together. Place 1 inch apart in greased pan. Pour syrup over. Bake in 375 degree oven for 35 minutes. Serve hot with cream. Yields 6 dumplings.

## LEMON DESSERT

Carol Carland

Dissolve 1 package of lemon jello with:

1/2 c. sugar

1 1/2 c. boiling water

Add grated rind and juice of 2 lemons. Let stand until thick. Chill (until icy in freezer) 1 tall can of evaporated milk and whip. Combine with lemon mixture. Crush 18 graham crackers and mix with:  
(Cont.)



2 Tbsp. sugar

2 Tbsp. melted butter

Use  $\frac{3}{4}$  of crumb mixture in bottom of dessert pan. Pour lemon mix on crumbs and sprinkle remaining crumbs on top. Chill for 2 hours. Cut in squares to serve.

### STRAWBERRY DESSERT

L. Alexander  
Lynn Deiter

2 (10 oz.) pkg. frozen strawberries

1 c. water

$\frac{1}{2}$  c. sugar

2 tsp. lemon juice

4 Tbsp. cornstarch

$\frac{1}{4}$  c. cold water

50 large marshmallows

1 c. milk

2 c. heavy cream or 2 pkg. of dessert topping

1  $\frac{1}{2}$  c. graham cracker crumbs

$\frac{1}{4}$  c. chopped nuts

$\frac{1}{4}$  c. butter or oleo, melted

Heat strawberries with 1 cup of water and lemon juice. Dissolve cornstarch in  $\frac{1}{4}$  cup of cold water, stir into strawberries and cook until thickened and clear. Cool. Melt marshmallows in milk and cool thoroughly. Whip cream and fold into marshmallow mixture. Mix graham cracker crumbs, nuts and butter and press firmly into 13 inch pan.

Spread marshmallow and cream mixture over crumbs. Spread strawberry mixture on top. Refrigerate until firm. May use raspberry instead of strawberry.

### CHERRY PIZZA

Charlotte Green

1 can cherry pie filling

1 small can of fresh pineapple, drained

1 small Jiffy cake mix, dry (yellow)

$\frac{1}{2}$  c. chopped pecans

1 stick oleo, melted

Dump in 8 x 8 inch pan in order given. Bake at 350 degrees until top is golden brown. Serve warm or cold.

### CHERRY DELIGHT

Pauline Sparks

Crush 16 graham crackers, add  $\frac{1}{4}$  cup of sugar; blend in 1 stick of oleo. Put cracker mixture in bottom of oblong pan. Drain:

2 cans sour cherries

Add juice of 4 lemons and set aside. Whip:

1 pkg. Dream Whip (which makes about 2 c.)



Add 2 cans of Eagle Brand condensed milk and mix well with cherries. Pour in pan and sprinkle graham mixture on top. Refrigerate several hours or overnight.

### STRAWBERRY DELIGHT

Martha Cole

Fix 2 boxes of strawberry jello - let set until firm. Put layer of vanilla wafers on bottom of pan then layer of jello, next add layer of whipped cream - another layer of vanilla wafers and then for final layer of jello add:

1 pkg. frozen strawberries

Let set overnight.

### CARIBBEAN COMPOTE

Joyce Hall

Slice bananas in 1 inch chunks, dip in Blue cheese dressing. Roll in coconut and chill.

Arrange in compote:

well chilled pineapple  
cubes  
whole strawberries

cantaloupe balls  
fresh green grapes  
the bananas

Serve with additional blue cheese dressing.

### MILLION DOLLAR DESSERT

Mildred Snyder

20 graham cracker squares  
(crushed)

1/2 c. sugar  
1/2 c. oleo, melted

Mix and pat into crust in pan. Bake at 425 degrees for five minutes. Remove from oven and cool.

1 1/2 c. prepared whipped  
topping

1 c. powdered sugar  
1 can pie filling

1 pkg. Philadelphia cream cheese (8 oz.)

Whip cream cheese and add powdered sugar. Combine with topping and spread in crust. Spread pie filling on top and chill.

### APPLE CRISP

Edna Stowers

1 c. brown sugar  
1 c. flour

1/4 tsp. cinnamon  
1/8 tsp. nutmeg

(Cont.)



1/2 c. oleo or butter

Slice:

8 or 10 apples

Cover with a cup of white sugar in a greased baking dish. Cover with the above mixture which has been mixed together. Add a little water over sliced apples for juice. Bake at 375 degrees for 35 - 40 minutes, or until apples are tender.

## SUET PUDDING

Betty Hosfeld

1 egg, beaten

1 c. beef suet (cut fine)

1 c. sour milk or buttermilk

1 c. raisins

1 c. dark molasses (dissolve 1

tsp. baking soda in 1 Tbsp. hot water and mix with molasses)

2 1/2 c. flour

Mix all ingredients together and place in pans, cans or such (I use pound coffee tins) and steam for about 2 hours.

Sauce for Pudding:

1/2 c. butter or oleo

1 Tbsp. flour

1 c. sugar

Stir and add 1 egg. Beat, then add 2 cups of warm water and cook in double boiler until thickened. (I always add my own flavoring - bourbon, rum, or brandy.)

## ICE CREAM

Ruby Durrant

2 3/4 c. sugar

4 egg yolks

3 Tbsp. flour

salt

Add milk to beat smooth and cook until done. Put this custard in the freeze, add:

1 c. Dari Craft milk  
beaten egg whites

1 Tbsp. vanilla  
milk to fill freezer

For chocolate, add 1/4 more sugar and 2 rounding tablespoons of cocoa with the sugar.



## DATE PUDDING

Mary Spencer

1/2 c. tapioca  
1 qt. water

2 c. brown sugar  
1 c. chopped dates

Mix and bake for 45 minutes (or until clear). Stir while baking, remove from oven, add:

vanilla

1/2 c. chopped English walnuts

Top with whip cream.

## DATE PUDDING

Deloris Whiteman

1 1/2 c. hot water

1 1/2 c. brown sugar

Put in pan and dissolve - let stand.

2 c. sugar  
2 c. flour  
2 tsp. baking powder  
2 pinches salt

2 c. sweet milk  
2 tsp. vanilla  
2 c. dates  
1/2 c. nuts

Mix and pour through center of pan with above mixture. Do not stir.

Bake for 30 minutes at 325 degrees.

## VANILLA PUDDING

Alvin Hutfles

2 c. milk  
1/2 c. sugar  
pinch salt

2 Tbsp. cornstarch  
1 egg  
1 tsp. vanilla

Mix sugar into egg - add cornstarch and salt with a little milk to mixture.

Pour into boiling milk while stirring, boil slowly for a few minutes.

Remove from fire and add vanilla and serve when cool.

## RASPBERRY SWIRL

Darleen Billam

3/4 c. graham cracker  
crumbs  
3 Tbsp. sugar  
1 (8 oz.) pkg. cream cheese  
3 eggs, separated

1 c. sugar  
1 c. heavy cream  
1 (10 oz.) pkg. frozen raspberries,  
partially thawed  
3 Tbsp. melted butter

(Cont.)



Combine thoroughly crumbs, melted butter and 2 tablespoons of sugar. Lightly press mixture into well greased 11 x 7 x 1 1/2 inch pan. Bake in moderate oven (375 degrees) for about eight minutes. Cool thoroughly.

Beat egg yolks until thick. Add cream cheese, sugar and salt; beat until smooth and light. Beat egg whites until stiff peaks form. Whip cream until stiff and thoroughly fold with egg whites into cheese mixture.

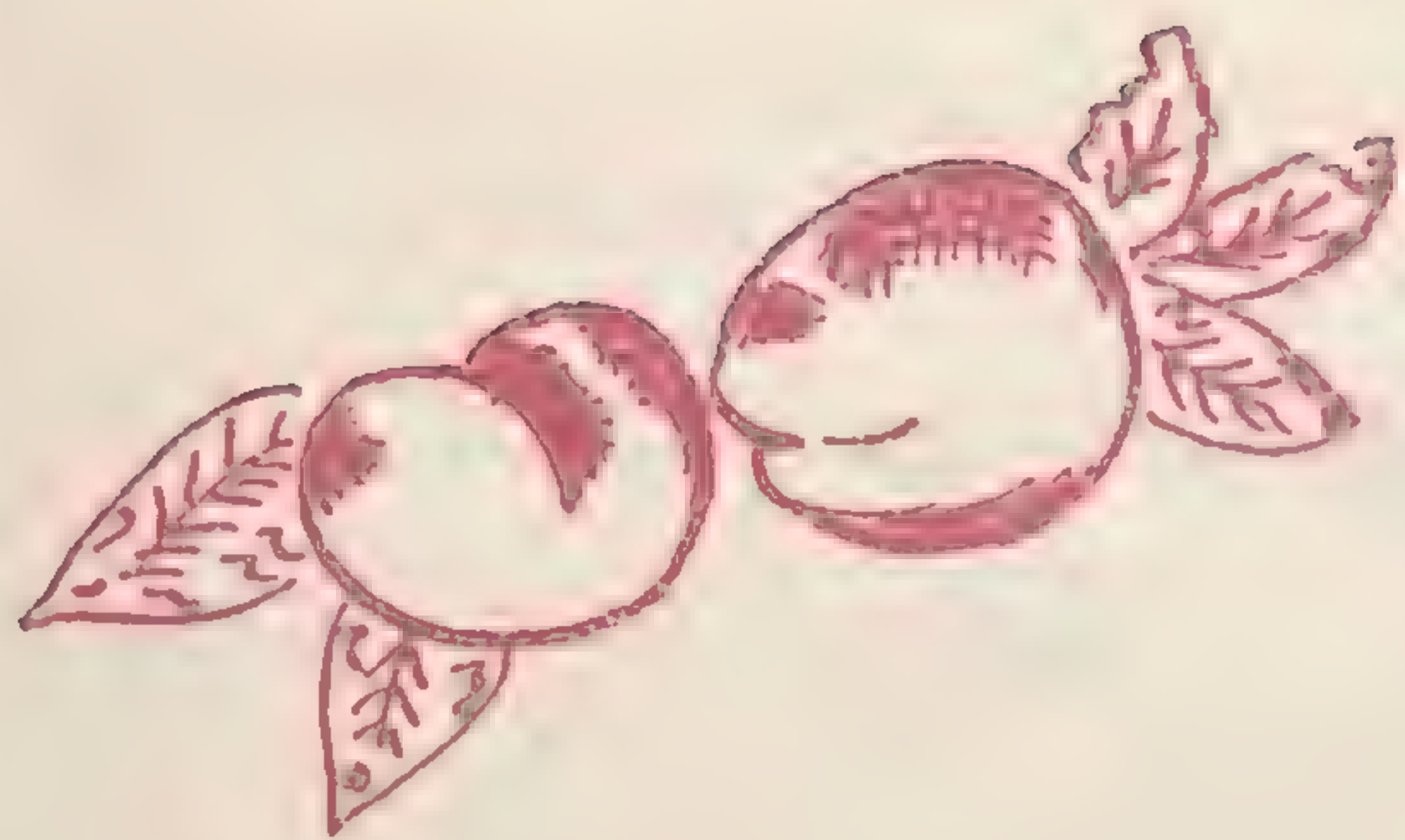
Into a mixer or blender, crush raspberries to a pulp. Gently swirl half of fruit pulp over cheese filling and spread mixture into crust.

Spoon remaining puree over top - swirl with a knife, freeze, then cover and return to freezer.

Makes 6 - 8 servings. It's delightful.

Write extra recipes here:





# Candy, Jelly, Jam and Preserves







You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

To keep egg yolks from crumbling when slicing hard-cooked eggs; wet the knife before each cut.

Dip the spoon in hot water to measure lard, butter, etc., The fat will slip out more easily.

Keep a toothbrush around the kitchen sink--you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

A pinch of salt added to very sour fruits while cooking will greatly reduce the quantity of sugar needed to sweeten them.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

Use greased muffin tins as molds when baking stuffed green peppers.

Fill pots and pans that have been burned with a solution of baking soda, one teaspoon in a quart of hot water. Leave solution in the pan until it has cooled and cleaning will be greatly simplified.



## CANDY, JELLY, JAM AND PRESERVES

### CATHEDRAL WINDOWS (Holiday Candy)

Susan Ginn

Melt in top of double boiler and cool:

12 oz. chocolate chips

1 stick oleo

Pour over (mixed well):

10 1/2 oz. colored mini-  
marshmallows

1 c. nuts

Sprinkle waxed paper with coconut and form into 3 rolls  
(about 12 inches by 2 inches).

Chill and slice thin to serve.

### PEANUT BUTTER CREAM SQUARES

Esther May Campbell

Boil together:

2 c. sugar

1 c. thin sweet cream

Cook until it will make a firm ball when dropped into cold  
water. Pour the boiling syrup into a bowl and add:

1/2 c. peanut butter

Beat until well mixed. Add:

1 tsp. vanilla

Pour into square buttered pan. Cut when cool.

### PEANUT BUTTER FUDGE

Ruby Durrant

Cook to soft ball (234 degrees):

2 c. sugar

2/3 c. milk

Remove from heat and add:

1 c. Marshmallow Creme

1 tsp. vanilla

1 c. crunchy type peanut butter

Mix well and pour into a buttered pan 9 x 9 inches. Cool  
(Cont.)



and cut into squares. Makes 2 pounds.

## HOLIDAY FUDGE

Patricia Devine

4 1/2 c. sugar  
1 tall can milk

2 Tbsp. butter  
pinch salt

Bring to rapid boil. Add:

3 bars German sweet  
chocolate

1 pt. marshmallow creme  
1 (12 oz.) pkg. chocolate chips

Add:

2 c. pecan meats

Mix until chocolate chips are melted. Pour into buttered  
9 x 12 inch pan and let set overnight.

## RUSSELL STOVER FUDGE

Mary Spencer

4 c. sugar  
1/4 lb. butter or oleo

1 tall can evaporated milk

Boil until forms firm ball in water. Add:

12 oz. chocolate chips  
12 oz. marshmallow cream

1 c. nuts  
vanilla

Pour in buttered pan and let cool.

## COCONUT CRUNCHIE FUDGE

Toni Quinzy

2 1/4 c. sugar  
pinch salt  
1/2 pt. marshmallow cream  
1 can Baker's coconut crunchies

1 Tbsp. butter  
3/4 c. canned milk  
1/8 tsp. cream of tartar  
1 tsp. vanilla

Boil sugar, salt, milk, cream of tartar and butter together  
for six minutes. Remove from heat. Stir in marshmallow cream,  
coconut crunchies and beat well.

Pour into buttered 6 x 11 inch pan. Cool and cut in squares.  
Store in airtight container.



## COCONUT BON-BONS

Marie Tharp

3 c. chopped nuts

1 stick melted oleo

Mix. Add:

1 can Eagle Brand milk  
2 lb. powdered sugar

1 large bag coconut

Make into small balls. Dip in the following and place on waxed paper to set.

In double boiler, melt:

1 large bag chocolate chips

1/2 c. paraffin pellets or 1 c. shaved paraffin

## PRAYLINGS

Mary Spencer

1 1/4 c. brown sugar  
1/2 c. water or cream  
1 Tbsp. vinegar  
1 tsp. salt

2 Tbsp. butter  
1 c. white sugar  
1 c. pecans

Combine sugar, vinegar, cream or water and salt. Boil until spins thread. Add butter and nuts. Cook to soft ball - cool. Beat. Drop on wax paper.

## RUM BALLS

Arlene McClanahan

1 c. crushed vanilla wafers  
1 1/2 c. chopped pecans  
2 Tbsp. cocoa

2 Tbsp. corn syrup  
1 c. powdered sugar  
1/4 c. dark rum

Combine all ingredients except 1/2 cup of pecans. Roll into 1 inch balls and roll in pecans.

## PECAN ROLL

Marie Cobler

2 c. white sugar  
1 1/2 c. chopped pecans  
1 c. brown sugar

1/2 c. white syrup  
1 c. evaporated milk

Combine sugar, syrup, milk and cook, stirring until sugar dissolves. Cook until forms a soft ball in cold water (236 degrees). Cool to room temperature without stirring until lukewarm, then beat until mixture holds its shape. Knead, shape into rolls in the pecans, pressing firmly. Chill and slice.



## PULLED MOLASSES CANDY

Opal Clark

6 Tbsp. molasses  
7 Tbsp. water  
4 Tbsp. sugar

1/4 lb. butter  
vanilla

Boil molasses, water, sugar and butter briskly until it's brittle when tested in water. Pour into dripping pan. When cool enough to handle, pull, flavor and cut in pieces.

## DIVINITY

Jean Davis

1/2 c. light corn syrup  
2 1/2 c. sugar  
1/2 c. water

1/4 tsp. salt  
2 egg whites  
1 tsp. vanilla

Combine corn syrup, sugar, water and salt in saucepan. Cook over medium heat until candy thermometer registers 260 degrees or syrup spins a 6 inch thread from the tip of the spoon.

When syrup is almost to temperature, beat egg whites until stiff but not dry in bowl large enough to hold syrup mixture. Pour syrup slowly in thin stream over egg whites, beating at high speed until mixture holds its shape and just begins to lose gloss. Beat in vanilla.

Drop into mounds from tip of teaspoon, or onto wax paper. Let stand until set. Decorate with bits of candied cherry or angelica - if desired. Store in an airtight container. Makes 1 - 1 1/2 pounds.

## PENUCHE

Jean Davis

3 c. light brown sugar,  
firmly packed  
1/4 c. light or dark corn  
syrup

3/4 c. milk  
1/4 tsp. salt  
2 Tbsp. butter or oleo  
1 tsp. vanilla

Butter 8 x 8 x 2 inch pan lightly. Combine sugar, corn syrup, milk, salt and butter or oleo in saucepan. Cook over medium heat, stirring constantly, until mixture comes to boil. Continue cooking, stirring occasionally, until candy thermometer registers 238 degrees (soft ball stage). Remove from heat. Let cool to 110 degrees or until bottom of pan is comfortable to palm of hand. Add vanilla. Beat until mixture is stiff and loses its gloss. Turn into buttered pan - cool. Cut into squares. Makes about two pounds.



## CHOCOLATE COVERED COCONUT CREAMS Hazel Bingham

1 stick oleo, melted and cooled

Add:

2 boxes powdered sugar                      3 Tbsp. orange juice  
1 can sweetened condensed milk

Blend well, then add:

2 c. chopped nut meats                      1 can Angel Flake coconut

Pour in pan and refrigerate overnight. Melt:

6 sq. semi-sweet chocolate                      1/2 cake paraffin

Cut candy into squares. Dip in melted chocolate and put on waxed paper.

## DATE LOAF

Mary Spencer

2 c. sugar                                      3/4 c. canned milk  
6 oz. dates

Cook until forms soft ball. Whip. Add 1 cup of pecans. Put in loaf pan or roll.

## STRAWBERRY COOKIES

Dean Nelson  
Charella Jennings

2 pkg. strawberry jello                      dash of salt  
3/4 c. Eagle Brand milk                      1/2 tsp. vanilla  
1 c. flake coconut                              2 tsp. red food coloring  
1 c. ground pecans

Mix well in bowl, let stand in refrigerator at least two hours or overnight.

Put slivered almonds in green food coloring in small bowl, let stand overnight. Remove. Let dry on paper towels. Shape dough into strawberries; roll sides in red sugar, dip end in green sugar. Lay on waxed paper. Stick green almond in green end of strawberry, let dry on waxed paper overnight. Use orange jello and orange sugar for oranges. Any fruit can be made according to flavor of jello.



## HOT PEPPER JELLY

Willa VanNatta

3/4 c. bell peppers (2 regular sized peppers)  
1/4 c. hot peppers

1 1/2 c. cider vinegar  
6 c. sugar  
1 bottle of Certo

Place both kinds of peppers in blender with 1/2 cup of vinegar. Blend well or grind. Put pepper mixture in pan. Rinse blender with remaining vinegar. Add to pepper mixture. Add sugar. Bring to rolling boil and cook for 3 minutes, stirring constantly. Remove from fire. Add Certo and skim. Pour into sterilized jars and seal. Makes 5 1/2 pints of jelly. This is very delicious to serve with meat.

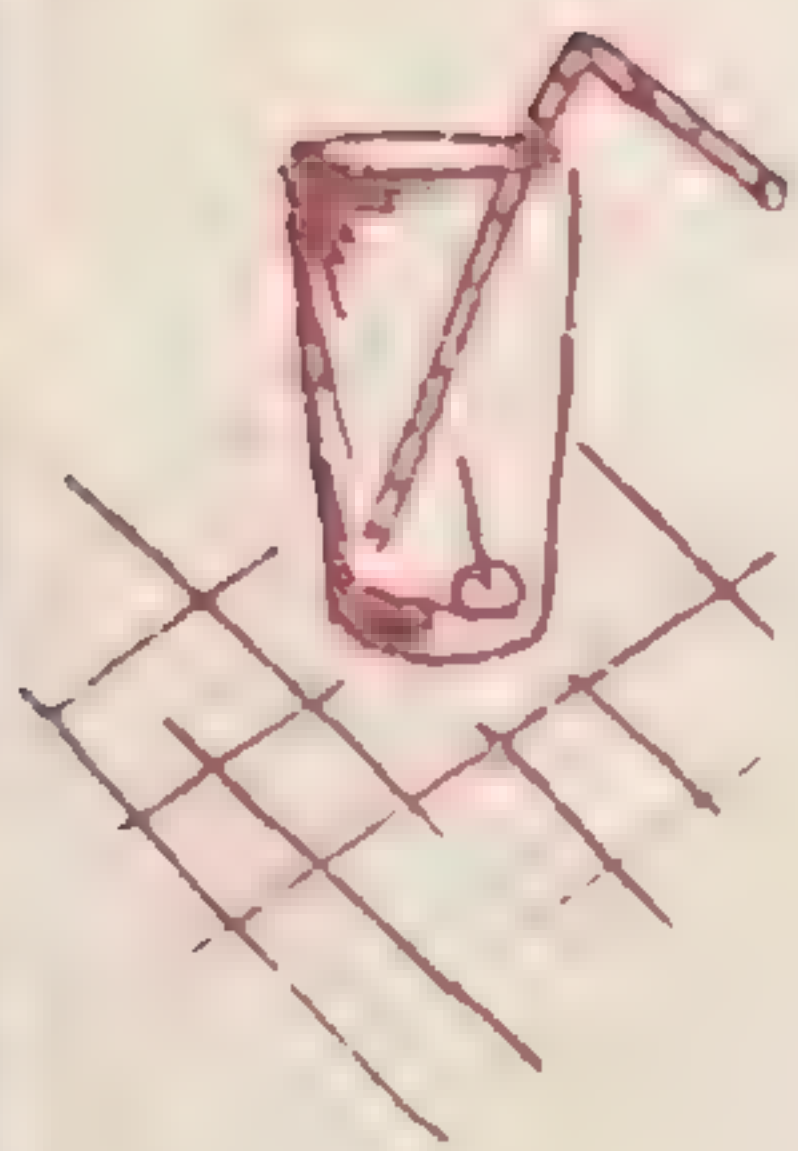
## GOLDEN JELLY (Dandelion Jelly)

Helen Dowler

Pick one quart of bright, fresh dandelion blossoms with as little stem as possible. Boil in 2 quarts of water for 3 minutes, after boiling starts. Strain and press out all the juice. Measure and to 3 cups of juice, add 1 package of pectin. Bring to boil. Add 5 1/2 cups of sugar all at once. Stir and boil 2 1/2 minutes, adding, in last few seconds, 3 drops of yellow food coloring and 2 tablespoons of orange extract. Pour into small jelly glasses. Seal as desired.

Write extra recipes here:





# *Beverages and Miscellaneous*





# SHOPPING LIST

*As A Reminder Guide In Your Planning*

## GROCERIES

- |                                   |                                   |                                     |                                    |
|-----------------------------------|-----------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Asp'gus  | <input type="checkbox"/> Eggs     | <input type="checkbox"/> Nut M.     | <input type="checkbox"/> Sardines  |
| <input type="checkbox"/> Bak. P   | <input type="checkbox"/> Extracts | <input type="checkbox"/> Olives     | <input type="checkbox"/> Soap      |
| <input type="checkbox"/> Beans    | <input type="checkbox"/> Flour    | <input type="checkbox"/> Peaches    | <input type="checkbox"/> S. Chips  |
| <input type="checkbox"/> Butter   | <input type="checkbox"/> Fruit    | <input type="checkbox"/> Peanut B.  | <input type="checkbox"/> Soup      |
| <input type="checkbox"/> Candy    | <input type="checkbox"/> Ginger   | <input type="checkbox"/> Pears D.   | <input type="checkbox"/> Spagh'ti  |
| <input type="checkbox"/> Cereals  | <input type="checkbox"/> G.Beans  | <input type="checkbox"/> Peas       | <input type="checkbox"/> Spices    |
| <input type="checkbox"/> Cheese   | <input type="checkbox"/> H.Radish | <input type="checkbox"/> Pepper     | <input type="checkbox"/> Starch    |
| <input type="checkbox"/> Cin'mon  | <input type="checkbox"/> Jello    | <input type="checkbox"/> Pickles    | <input type="checkbox"/> Sugar     |
| <input type="checkbox"/> Cloves   | <input type="checkbox"/> Lard     | <input type="checkbox"/> Preserves  | <input type="checkbox"/> Syrups    |
| <input type="checkbox"/> Cocoa    | <input type="checkbox"/> Mac'roni | <input type="checkbox"/> Prunes     | <input type="checkbox"/> Tea       |
| <input type="checkbox"/> Coffee   | <input type="checkbox"/> Matches  | <input type="checkbox"/> Raisins    | <input type="checkbox"/> Tobacco   |
| <input type="checkbox"/> Cookies  | <input type="checkbox"/> Milk     | <input type="checkbox"/> Rice       | <input type="checkbox"/> Toilet P. |
| <input type="checkbox"/> Corn     | <input type="checkbox"/> Mustard  | <input type="checkbox"/> Sal. Dres. | <input type="checkbox"/> Tomato    |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Noodles  | <input type="checkbox"/> Salmon     | <input type="checkbox"/> Vinegar   |
| <input type="checkbox"/> Cream    | <input type="checkbox"/> Nutmeg   | <input type="checkbox"/> Salt       | <input type="checkbox"/> Yeast     |

## MEATS and FISH

- |                                   |                                   |                                  |                                  |
|-----------------------------------|-----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Bacon    | <input type="checkbox"/> Corn Bf. | <input type="checkbox"/> Lard    | <input type="checkbox"/> Roast   |
| <input type="checkbox"/> Beef     | <input type="checkbox"/> Fish     | <input type="checkbox"/> Liver   | <input type="checkbox"/> Sausage |
| <input type="checkbox"/> Chicken  | <input type="checkbox"/> Franks   | <input type="checkbox"/> Pork    | <input type="checkbox"/> Steak   |
| <input type="checkbox"/> Chops    | <input type="checkbox"/> Ham      | <input type="checkbox"/> Pork R. | <input type="checkbox"/> Turkey  |
| <input type="checkbox"/> Cold Mts | <input type="checkbox"/> Lamb     | <input type="checkbox"/> Poultry | <input type="checkbox"/> Veal    |

## FRUITS and VEGETABLES

- |                                   |                                  |                                  |                                    |
|-----------------------------------|----------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> Apples   | <input type="checkbox"/> Corn    | <input type="checkbox"/> Onions  | <input type="checkbox"/> Plums     |
| <input type="checkbox"/> Asp'gus  | <input type="checkbox"/> Grapes  | <input type="checkbox"/> Oranges | <input type="checkbox"/> Potato    |
| <input type="checkbox"/> Beets    | <input type="checkbox"/> Lemons  | <input type="checkbox"/> Peaches | <input type="checkbox"/> Rhubarb   |
| <input type="checkbox"/> Berries  | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Pears   | <input type="checkbox"/> Squash    |
| <input type="checkbox"/> Cabbage  | <input type="checkbox"/> Melons  | <input type="checkbox"/> Peas    | <input type="checkbox"/> St. Beans |
| <input type="checkbox"/> Caul'flr | <input type="checkbox"/> Mush'rs | <input type="checkbox"/> Pimento | <input type="checkbox"/> Tomato    |

## BAKERY GOODS

- |                                |                                    |                                  |                                |
|--------------------------------|------------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> Bread | <input type="checkbox"/> Cheese C  | <input type="checkbox"/> Cookies | <input type="checkbox"/> Pies  |
| <input type="checkbox"/> Cakes | <input type="checkbox"/> Coffee C. | <input type="checkbox"/> Do'nuts | <input type="checkbox"/> Rolls |



## BEVERAGES AND MISCELLANEOUS

### HOLIDAY EGGNOG

Betty Hosfeld

3 c. sugar  
1 1/2 c. water  
1 can condensed milk

3 egg yolks  
1 c. rum  
1 Tbsp. vanilla

Mix sugar and water. Cook to a medium syrup. Let cool. Beat egg yolks and milk together. Add to syrup. Mix well - add vanilla and rum. Strain, if necessary. Chill and serve in small cups.

### COCOA RIX

Naomi Stewart

1 (14 oz.) instant dry milk  
1 large jar Coffeemate

1 large box Nestle's Quik  
1 lb. box powdered sugar

Mix thoroughly. Store in airtight container. For one cup of hot chocolate, use 2 heaping tablespoons (1/3 cup) mix and fill with hot water. Sugar may be increased.

### PARTY PUNCH

Theresa Guilfoyle

1 pkg. cherry Kool-Aid  
1 pkg. strawberry Kool-Aid  
2 c. sugar  
1 (6 oz.) can frozen orange juice

1 (6 oz.) can frozen lemonade  
1 small can pineapple juice  
1 bottle (qt.) ginger ale  
enough water to make 1 1/2 gal.

Serves 36.

If desired, for punch bowl, use slices of orange, lemon and red maraschino cherries for added decoration.

### WEDDING PUNCH

Mary Spencer

2 c. sugar

3 c. water

Boil and cool.

2 cans lemon juice (small)  
or 1 lemon and 1 orange  
juice)

3 qt. bottles strawberry soda  
2 large cans pineapple juice  
2 qt. ginger ale

Add juice to syrup and when ready to serve, add soda and ginger ale over block of ice.



## HOT SPICED CIDER

Betty Harris

2 qt. sweet apple cider  
1 tsp. whole cloves  
1 tsp. whole allspice

1/3 c. light packed brown sugar  
2 - 3 inch cinnamon stick  
few grains salt

Bring ingredients to boil in a large saucepan. Simmer covered 30 minutes. Remove spices. Serve hot in mugs.

## FRIENDSHIP TEA

Naomi Stewart

2/3 c. instant tea  
1 (7 oz.) jar Tang  
3 pkg. Wyler's instant lemon-  
ade mix

1 c. sugar  
1 tsp. cinnamon  
1/2 tsp. ground cloves

Mix together. Sugar may be increased as desired. Use 1 teaspoon, or more, if desired to 1 cup of hot water. Store mixture in airtight container.

## SPICED TEA

Sue Jean Brooks

2 c. Tang  
1/2 c. instant tea (I use  
pre-sweetened with lemon)

1 pkg. lemonade (pre-sweetened)  
1 tsp. ground cloves  
1 tsp. cinnamon

Mix all ingredients together.  
(I add about 1 cup of sugar and double the amount of tea.)

## CRANBERRY TEA

Laurette Bonestell

1 lb. pkg. cranberries

2 qt. water

Combine together and cook until cranberries have popped open well. Then run through sieve as much as possible. In meantime, simmer together 20 minutes:

2 c. sugar  
2 c. water

3 sticks cinnamon 1-inch long

Add to top along with:

1 (6 oz.) can frozen  
orange juice

juice of 2 lemons

Add all together and run this through sieve again.



## YORKSHIRE PUDDING

Mary Spencer

4 eggs  
3/4 c. liquid, half water,  
half milk  
3/4 c. presifted flour

1/2 tsp. salt  
1/2 c. (scant) drippings from rib  
or rump roast

Pour drippings into 8 1/2 inch square baking dish. Place dish in oven until drippings begin to smoke and sizzle. Beat eggs, liquid, flour and salt together excessively. Pour batter into pan with drippings.

Bake in preheated 450 degree oven for 20 minutes, or until nicely browned. Serve at once.

## MOLASSES POPCORN BALLS

Gladys Buell

7 c. popped corn  
1 c. molasses  
1 c. sugar

1/3 c. water  
1 tsp. vinegar  
1/4 tsp. soda

Keep popcorn hot and crisp in low oven (300 to 325 degrees) - combine molasses, sugar, water and vinegar. Cook to hard ball stage (25 degrees) - remove from heat. Quickly edge crystals from edge of pan. Add soda by sifting through a sieve. Stir just enough to mix thoroughly. Pour hot syrup over popcorn, mixing well. Form into balls. Makes 6 balls.

## HUSH PUPPIES

Eva Latta

Mix:

1 c. corn meal  
3 Tbsp. flour  
1 tsp. (each) salt and sugar  
2 tsp. baking powder

1/2 tsp. black pepper  
1/2 tsp. sage  
dash of garlic salt

Add:

1 egg

1 medium onion (chopped)

Then form a soft dough. Drop from teaspoon and fry in fat where fish have been fried.

Barbara Knowles

## HUSH PUPPIES

2 c. corn meal

1 Tbsp. flour

(Cont.)



1/2 tsp. baking soda  
1 tsp. baking powder  
1 tsp. sugar  
1/2 tsp. salt

3 Tbsp. onion, chopped  
1 egg, lightly beaten  
1 c. buttermilk

Mix all the dry ingredients together - add the buttermilk, onion, and the egg. Let stand a few minutes to get a little thick, then drop by teaspoonfuls into deep fat and fry until golden. Serve these with your fried fish.

#### B.Q. SAUCE FOR DRUNKS

Barbara Knowles

1 bottle of catsup  
2 sticks margarine  
1/2 c. vinegar  
2 large onions, chopped

2 lemons  
2 Tbsp. chili powder  
1 tsp. hot sauce  
1/2 tsp. garlic sauce

Combine all ingredients together. Boil for a few minutes. Simmer for 6 to 8 hours.

As the sauce thickens, thin with beer. Add as much as you like for consistency.

#### LEMON-MUSTARD SEAFOOD SAUCE

Charella Jennings

Put in saucepan:

1 can undiluted cream  
of celery soup  
1/4 c. mayonnaise

2 tsp. grated lemon peel  
2 Tbsp. fresh lemon juice  
1 tsp. prepared mustard

Stir it all together over medium heat until it's smooth and bubbly. What you don't use cover and refrigerate.

#### TACO SAUCE RECIPE

P. Carrillo

4 Jalapeno peppers  
1 mango pepper  
1 tsp. salt

2 cans tomato  
1 onion

(Blend in blender.)

1 tsp. oregano

sprig of coriander (fresh)

#### HERB-WINE VINEGAR MARINADE

Helen Fultz

1 c. salad oil

1 c. red wine or cider vinegar



2 thin slices onion  
2 1/4 inch slices unpeeled  
lemon or lime, quartered  
2 cloves garlic, sliced

1 tsp. fine herbs (blended in  
blender)  
1 tsp. salt  
1/8 tsp. pepper

Puree all ingredients in blender container, until lemon or lime peel and garlic are finely chopped, about 15 seconds. Use as marinade for steaks or roasts. Yield: About 2 cups.

### SUGARED SPICED NUTS

Jean Leake

1 c. white sugar  
1/4 c. hot water  
1/2 tsp. cinnamon

1/4 tsp. cream of tartar  
pinch of salt  
1/2 tsp. vanilla

Cook all ingredients to a firm ball stage, not pliable when held in hand. Add 1 1/2 cups of nuts at once and beat or stir until mixture crystallizes. Pour out on waxed paper to cool.

### CRACKER JACK

Helen Dowler

3 qt. popped corn  
1 c. shelled peanuts  
1/2 c. molasses  
1 c. sugar

2 Tbsp. vinegar  
2 Tbsp. butter  
1/2 c. water  
1/8 tsp. soda

Mix molasses, sugar, vinegar, butter and water. Cook over moderate fire without stirring until a portion clicks when tested in cup of cold water. Add soda and mix well. Pour over rest of ingredients and mix well.

May be used as mixed - shaped into balls or spread in shallow, buttered pan. Let stand until cool and cut in bars.

### COTTAGE CHEESE SOUR CREAM DIP

Glenna Finney

1 (12 oz.) carton (small)  
curd creamed cottage cheese

1 1/2 Tbsp. lemon juice  
3 Tbsp. water

Blend to a smooth consistency, then add 1 1/2 tablespoons of dry Lipton onion soup mix and blend.

### QUICK SNACK

Helen Pruett

Put in heavy saucepan:

1 c. brown sugar

1 c. butter or oleo

(Cont.)



Bring to boil and boil 2 minutes only. Add 1 cup of chopped nut meats. Spread on graham crackers and bake 10 minutes at 350 degrees. Good served with sherbet.

## SODA CRACKER SNACKS

Faye Bayless

Boil until it spins a thread when dropped from spoon:

2 c. sugar

1/2 c. water

Pour over 2 stiffly beaten egg whites. Add 1 cup ground raisins and spread between soda crackers.

## CHOCOLATE FONDUE

Glenna Finney

1 large pkg. milk chocolate chips

1 tsp. vanilla

1 c. boiling water

1/2 c. dry milk solids

Blend until smooth. Cook in electric fondue on high until thickened.

Write extra recipes here:



## INDEX OF RECIPES

	Page
APPETIZERS, PICKLES AND RELISH	
Chili Sauce . . . . .	1
Dilled Okra Pickles . . . . .	1
Carrot Relish . . . . .	1
Cheese Log . . . . .	2
Cheese Puffs . . . . .	2
Deviled Ham Dip . . . . .	2
Heidleberg Relish . . . . .	2
Pepper Relish . . . . .	3

## SOUPS, SALADS, SAUCES, DRESSINGS

Kraut Salad . . . . .	5
Kraut Salad . . . . .	5
German Potato Salad . . . . .	5
Cabbage and Tuna Salad . . . . .	5
Molded Tuna Salad . . . . .	6
Christmas Cole Slaw . . . . .	6
Bean Salad . . . . .	6
Calico Salad . . . . .	7
Oriental Salad . . . . .	7
Aloha Salad . . . . .	7
Fruited Cheese Salad . . . . .	8
Mexican Fiesta Salad . . . . .	8
Cheese Salad . . . . .	9
Fruit Salad . . . . .	9
Salad . . . . .	9
Cottage Cheese Salad . . . . .	9
Six Cup Salad . . . . .	10
Five Cup Salad . . . . .	10
Rhubarb Salad . . . . .	10
Waldorf Salad . . . . .	10
Gooseberry Salad . . . . .	10
Cranberry Salad . . . . .	11
Cranberry Nut Salad . . . . .	11
Menudo . . . . .	11
Cold Cucumber Soup (Tarator) . . . . .	12
Tuna Chowder . . . . .	12
Cranberry Sauce . . . . .	12
Orange Jello Salad . . . . .	12
Orange Salad . . . . .	13
Zero Salad Dressing . . . . .	13



Overnight Fruit Salad . . . . .	13
Pear Salad with Cheese Balls . . . . .	14
Applesauce Salad . . . . .	14
Blueberry - Pineapple Salad . . . . .	14
Jello with Spiced Grapes . . . . .	15
Cherry Mold . . . . .	15

## MAIN DISHES --

## MEAT, SEAFOOD, POULTRY

Chicken Casserole . . . . .	17
Mole (Wedding Meal) . . . . .	17
Chicken Specialty . . . . .	17
Sweet Barbeque Chicken . . . . .	18
Outdoor Burgers . . . . .	18
Scottish Meat Patties . . . . .	18
Meat Balls and Mushrooms . . . . .	19
Spanish Rice . . . . .	19
Pepper Steaks . . . . .	19
Jan's Casserole . . . . .	20
Green Chile Casserole . . . . .	20
Swiss Steak . . . . .	21
Italian Round Steak . . . . .	21
Italian Beef . . . . .	21
Opal's Dish . . . . .	22
President's River Chili . . . . .	22
Ground Beef Stroganoff . . . . .	22
Hamburger Stroganoff . . . . .	22
Sweet-Sour Short Ribs . . . . .	23
Ham . . . . .	23
Caramel Ham Loaf . . . . .	23
Bulgarian Burghers (Kebabcheta) . . . . .	24
Stuffed Pork Chops . . . . .	24
Hamburger Pie . . . . .	24
Brunswick Stew . . . . .	25
Easy Oven Stew . . . . .	25
Irish Stew . . . . .	26
Oven Barbequed Chicken . . . . .	26
Foil Baked Chicken . . . . .	26
Chicken Loaf . . . . .	27
Chicken and Noodles . . . . .	27
Meat Loaf with Spanish Sauce . . . . .	27
Tortillas . . . . .	28
Tamale Pie . . . . .	28



One Pot Meal . . . . .	29
Super Pot Roast . . . . .	29
Crab - Tuna Fondue . . . . .	29
Tuna Burgers . . . . .	30
Fish and Chips (Authentic English Version) . . . . .	30
Tostades (Open Faced Sandwich) . . . . .	30
Enchiladas . . . . .	31
Fideo (Vermicelli Thin Spaghetti) . . . . .	31
Weight Watchers Chili . . . . .	31
Tacos . . . . .	31
Spanish Rice . . . . .	32

## MAIN DISHES --

## CHEESE, EGG, SPAGHETTI, AND CASSEROLE

Cherokee Casserole . . . . .	33
Steak Casserole . . . . .	33
Double Cheese Hamburg Noodle Casserole . . . . .	33
Rice Casserole . . . . .	34
Corned Beef Casserole . . . . .	34
Green Rice . . . . .	34
Green Bean Pie . . . . .	35
7-Layer Casserole . . . . .	35
Pot Luck Casserole . . . . .	36
Irene Rutledge Noodle Casserole . . . . .	36
Noodles and Cheese Casserole . . . . .	36
Chicken Casserole . . . . .	37
Italian Casserole . . . . .	37
Italian Meat Balls and Spaghetti . . . . .	38
Perfect Noodles . . . . .	38
Homemade Noodles . . . . .	38
Spaghetti Sauce . . . . .	39

## VEGETABLES

Golden Eggplant . . . . .	41
Scalloped Green Beans . . . . .	41
Green Bean Loaf . . . . .	41
Hominy Casserole . . . . .	41
Broccoli Casserole . . . . .	42
Broccoli Casserole . . . . .	42
Rice and Broccoli Casserole . . . . .	42



Broccoli Casserole . . . . .	43
Creamy Cheese Potatoes . . . . .	43
Sliced Potatoes in Foil for Busy People . . . . .	43

BREAD, ROLLS, PIES, PASTRY

Merks Coffee Cake . . . . .	45
Low Calorie Pancakes . . . . .	45
Biscuits . . . . .	45
Prize Baking Powder Biscuits . . . . .	46
Six Weeks Muffins . . . . .	46
Powdered Sugar Pie Crust . . . . .	46
Vinegar Egg Pastry . . . . .	47
Pie Crust . . . . .	47
Never Fail Pie Crust . . . . .	47
Quick Rolls . . . . .	47
Quick Rolls (1 1/4 Hours) . . . . .	48
Dill Bread . . . . .	48
Homemade Bread for a Large Family . . . . .	48
Bubble Bread . . . . .	49
Refrigerator Rolls . . . . .	49
Refrigerator Dough . . . . .	49
Monkey Bread . . . . .	50
Easy Yeast Bread . . . . .	50
All-Bran Rolls . . . . .	50
Christmas Nut Bread . . . . .	51
Cranberry Nut Bread . . . . .	51
Date Nut Bread . . . . .	51
Pumpkin Bread . . . . .	52
Banana Nut Bread . . . . .	52
Perky Peach Pie . . . . .	52
French Cherry Pie . . . . .	53
Fudge Cream Pie . . . . .	54
Chocolate Pie (No Cook) . . . . .	54
Southern Pecan Pie . . . . .	54
Ritz Cracker Pie . . . . .	55
Fruit Salad Pie . . . . .	55
Fluffy Meringue . . . . .	55
Sour Cream Apple Pie . . . . .	55
Date Pie . . . . .	56



CAKES, COOKIES, AND ICINGS

Rhubarb Cake . . . . .	57
Easy Banana Cake . . . . .	57
Holiday Gumdrops Cake . . . . .	57
Orange Slice Cake . . . . .	58
Chocolate Sheet Cake . . . . .	58
Apple Cake . . . . .	59
Cherry Chocolate Cake . . . . .	59
Cranberry Spice Cake . . . . .	60
Lemon Jello Cake . . . . .	60
Lazy Daisy Oatmeal Cake . . . . .	61
Carrot Cake . . . . .	61
Prune-Nut Cake . . . . .	62
Raisin Cake . . . . .	62
Fruit Cocktail Cake . . . . .	62
Yellow Bundt Cake . . . . .	63
Coconut Fudge Cake . . . . .	63
Chocolate Cookies . . . . .	64
Apple Macaroons . . . . .	64
Orange Slices Cookies . . . . .	65
Forget-'em Cookies . . . . .	65
Magic Cookie Bar . . . . .	65
Unbaked Cookies . . . . .	66
Choco-Nut Cookies . . . . .	66
Sour Cream Cookies . . . . .	66
Cereal Cookie Poem . . . . .	67
Fruit Cocktail Cookies . . . . .	67
Good Cookies . . . . .	67
Chocolate-Nut Cookies . . . . .	68
Peanut Butter Crisscrosses . . . . .	68
Butterscotch Bars . . . . .	69
Pumpkin Nut Cookies . . . . .	69
Minnesota Harvest Bars . . . . .	69
Raisin Spread Bar . . . . .	70

DESSERTS

Marshmallow Roll . . . . .	71
Frosty Strawberry Squares . . . . .	71
Orange Ambrosia . . . . .	71
Pineapple Club Dessert . . . . .	72
Pineapple Delight . . . . .	72
Strawberry Angel Dream . . . . .	72



Hawaiian Fluff . . . . .	73
Apple Dumplings . . . . .	73
Lemon Dessert . . . . .	73
Strawberry Dessert . . . . .	74
Cherry Pizza . . . . .	74
Cherry Delight . . . . .	74
Strawberry Delight . . . . .	75
Caribbean Compote . . . . .	75
Million Dollar Dessert . . . . .	75
Apple Crisp . . . . .	75
Suet Pudding . . . . .	76
Ice Cream . . . . .	76
Date Pudding . . . . .	77
Date Pudding . . . . .	77
Vanilla Pudding . . . . .	77
Raspberry Swirl . . . . .	77

## CANDY, JELLY, JAM AND PRESERVES

Cathedral Windows (Holiday Candy) . . . . .	79
Peanut Butter Cream Squares . . . . .	79
Peanut Butter Fudge . . . . .	79
Holiday Fudge . . . . .	80
Russell Stover Fudge . . . . .	80
Coconut Crunchie Fudge . . . . .	80
Coconut Bon-Bons . . . . .	81
Praylings . . . . .	81
Rum Balls . . . . .	81
Pecan Roll . . . . .	81
Pulled Molasses Candy . . . . .	82
Divinity . . . . .	82
Penuche . . . . .	82
Chocolate Covered Coconut Creams . . . . .	83
Date Loaf . . . . .	83
Strawberry Cookies . . . . .	83
Hot Pepper Jelly . . . . .	84
Golden Jelly (Dandelion Jelly) . . . . .	84

## BEVERAGES AND MISCELLANEOUS

Holiday Eggnog . . . . .	85
Cocoa Rix . . . . .	85



	Page
Party Punch . . . . .	85
Wedding Punch . . . . .	85
Hot Spiced Cider . . . . .	86
Friendship Tea . . . . .	86
Spiced Tea . . . . .	86
Cranberry Tea . . . . .	86
Yorkshire Pudding . . . . .	87
Molasses Popcorn Balls . . . . .	87
Hush Puppies . . . . .	87
Hush Puppies . . . . .	87
B. Q. Sauce for Drunks . . . . .	88
Lemon-Mustard Seafood Sauce . . . . .	88
Taco Sauce Recipe . . . . .	88
Herb-Wine Vinegar Marinade . . . . .	88
Sugared Spiced Nuts . . . . .	89
Cracker Jack . . . . .	89
Cottage Cheese Sour Cream Dip . . . . .	89
Quick Snack . . . . .	89
Soda Cracker Snacks . . . . .	90
Chocolate Fondue . . . . .	90

## TO ORDER

copies of this book, please print your  
name and address, and send to:

Kansas Psychiatric Aide Organization  
Care of Mary Spencer  
815 Pacific  
Osawatomie, Kansas

Enclose \$2.50 for each copy and add 25¢ for postage  
and handling.



Notes:

28	Chocolate Fondue
29	Red Crock Pot
30	Quick Snacks
31	Country Cheese and Cream Dip
32	Crispy Jack
33	Spicy Fried Nuts
34	Stuffed Pineapple
35	Less Time Recipe
36	Long-Armed Sandwiches
37	B. Q. Sauce for Chicken
38	Hot Peppers
39	Hot Peppers
40	Hot Peppers
41	Hot Peppers
42	Hot Peppers
43	Hot Peppers
44	Hot Peppers
45	Hot Peppers
46	Hot Peppers
47	Hot Peppers
48	Hot Peppers
49	Hot Peppers
50	Hot Peppers
51	Hot Peppers
52	Hot Peppers
53	Hot Peppers
54	Hot Peppers
55	Hot Peppers
56	Hot Peppers
57	Hot Peppers
58	Hot Peppers
59	Hot Peppers
60	Hot Peppers
61	Hot Peppers
62	Hot Peppers
63	Hot Peppers
64	Hot Peppers
65	Hot Peppers
66	Hot Peppers
67	Hot Peppers
68	Hot Peppers
69	Hot Peppers
70	Hot Peppers
71	Hot Peppers
72	Hot Peppers
73	Hot Peppers
74	Hot Peppers
75	Hot Peppers
76	Hot Peppers
77	Hot Peppers
78	Hot Peppers
79	Hot Peppers
80	Hot Peppers
81	Hot Peppers
82	Hot Peppers
83	Hot Peppers
84	Hot Peppers
85	Hot Peppers
86	Hot Peppers
87	Hot Peppers
88	Hot Peppers
89	Hot Peppers
90	Hot Peppers
91	Hot Peppers
92	Hot Peppers
93	Hot Peppers
94	Hot Peppers
95	Hot Peppers
96	Hot Peppers
97	Hot Peppers
98	Hot Peppers
99	Hot Peppers
100	Hot Peppers

TO ORDER

copies of this book, please print your  
name and address, and send for

Karen Pythian's Aide Organization  
Care of Mary Spencer  
515 Pacific  
Orem, Utah

Enclose \$2.50 for each copy and add 25¢ for postage  
and handling.







